

Adult Coloring Journal: Co-Dependents Anonymous (Butterfly Illustrations, Tribal Floral)

Courtney Wegner



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Clinical Therapist, Courtney Wegner has carefully selected the illustrations and 12 Steps prompts in this interactive adult coloring journal for their meditative power to enhance the recovery of anyone engaged in a 12 Step program and to aid in their journey of self-discovery and an addiction free path to happiness. The 12 Step prompts contained here are an excellent tool and aid for anyone taking the 12 Steps. Features include:

- 80 lightly-lined writing pages provide plenty room to capture your thoughts
- 40 expression pages for jotting down personal reflections, quotes, poems or sketches
- 40 professionally illustrated adult coloring images of varying difficulty
- High quality 70# paper

Each topic is available in different coloring image themes and a wide array of beautiful covers.

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A lot of people always spent their particular free time to vacation or perhaps go to the outside with them family members or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or perhaps playing video games all day long. If you wish to try to find a new activity that is look different you can read a new book. It is really fun to suit your needs. If you enjoy the book that you just read you can spent the whole day to reading a guide. The book Adult Coloring Journal: Co-Dependents Anonymous (Butterfly Illustrations, Tribal Floral) it is extremely good to read. There are a lot of people who recommended this book. We were holding enjoying reading this book. Should you did not have enough space to deliver this book you can buy typically the e-book. You can m0ore effortlessly to read this book through your smart phone. The price is not to fund but this book features high quality.

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