



# Adult Coloring Journal: Co-Dependents Anonymous (Nature Illustrations, Tribal)

*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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### **From reader reviews:**

#### **Mario Rice:**

Book is to be different for each grade. Book for children until adult are different content. As you may know that book is very important for all of us. The book Adult Coloring Journal: Co-Dependents Anonymous (Nature Illustrations, Tribal) had been making you to know about other know-how and of course you can take more information. It is rather advantages for you. The e-book Adult Coloring Journal: Co-Dependents Anonymous (Nature Illustrations, Tribal) is not only giving you considerably more new information but also to get your friend when you sense bored. You can spend your own personal spend time to read your e-book. Try to make relationship while using book Adult Coloring Journal: Co-Dependents Anonymous (Nature Illustrations, Tribal). You never feel lose out for everything if you read some books.

#### **Donna Bledsoe:**

Reading can called head hangout, why? Because when you are reading a book mainly book entitled Adult Coloring Journal: Co-Dependents Anonymous (Nature Illustrations, Tribal) your thoughts will drift away trough every dimension, wandering in each aspect that maybe not known for but surely will become your mind friends. Imaging each and every word written in a guide then become one contact form conclusion and explanation that will maybe you never get before. The Adult Coloring Journal: Co-Dependents Anonymous (Nature Illustrations, Tribal) giving you one more experience more than blown away your brain but also giving you useful facts for your better life on this era. So now let us teach you the relaxing pattern the following is your body and mind is going to be pleased when you are finished reading it, like winning a. Do you want to try this extraordinary paying spare time activity?

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