



Adult Coloring Journal: Co-Dependents Anonymous (Turtle Illustrations, Purple Mist)

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:

Vivian Nava:

Have you spare time for the day? What do you do when you have much more or little spare time? That's why, you can choose the suitable activity with regard to spend your time. Any person spent their very own spare time to take a stroll, shopping, or went to often the Mall. How about open or maybe read a book eligible Adult Coloring Journal: Co-Dependents Anonymous (Turtle Illustrations, Purple Mist)? Maybe it is to be best activity for you. You understand beside you can spend your time along with your favorite's book, you can wiser than before. Do you agree with their opinion or you have some other opinion?

Michael Walker:

What do you concerning book? It is not important to you? Or just adding material when you want something to explain what yours problem? How about your spare time? Or are you busy individual? If you don't have spare time to complete others business, it is gives you the sense of being bored faster. And you have free time? What did you do? Every individual has many questions above. They have to answer that question due to the fact just their can do that. It said that about publication. Book is familiar in each person. Yes, it is correct. Because start from on guardería until university need this kind of Adult Coloring Journal: Co-Dependents Anonymous (Turtle Illustrations, Purple Mist) to read.

Richard Cary:

Spent a free a chance to be fun activity to perform! A lot of people spent their leisure time with their family, or their particular friends. Usually they carrying out activity like watching television, about to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your own personal free time/ holiday? Can be reading a book could be option to fill your free time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to test look for book, may be the publication untitled Adult Coloring Journal: Co-Dependents Anonymous (Turtle Illustrations, Purple Mist) can be very good book to read. May be it is usually best activity to you.

Deanna Jackson:

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