

Adult Coloring Journal: Co-Dependents Anonymous (Mandala Illustrations, Polka Dots)

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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This Adult Coloring Journal: Co-Dependents Anonymous (Mandala Illustrations, Polka Dots) is great reserve for you because the content that is full of information for you who also always deal with world and have to make decision every minute. This specific book reveal it facts accurately using great arrange word or we can point out no rambling sentences inside it. So if you are read that hurriedly you can have whole details in it. Doesn't mean it only provides you with straight forward sentences but hard core information with wonderful delivering sentences. Having Adult Coloring Journal: Co-Dependents Anonymous (Mandala Illustrations, Polka Dots) in your hand like finding the world in your arm, information in it is not ridiculous one particular. We can say that no book that offer you world inside ten or fifteen moment right but this e-book already do that. So , this is certainly good reading book. Hello Mr. and Mrs. stressful do you still doubt in which?

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