



# Adult Coloring Journal: Survivors of Incest Anonymous (Nature Illustrations, Ladybug)

*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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#### **Carla Spiegel:**

With this era which is the greater individual or who has ability to do something more are more special than other. Do you want to become one of it? It is just simple strategy to have that. What you need to do is just spending your time not very much but quite enough to enjoy a look at some books. On the list of books in the top record in your reading list is definitely Adult Coloring Journal: Survivors of Incest Anonymous (Nature Illustrations, Ladybug). This book and that is qualified as The Hungry Hillside can get you closer in becoming precious person. By looking upwards and review this guide you can get many advantages.

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