



Adult Coloring Journal: Co-Dependents Anonymous (Safari 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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From reader reviews:

Walter Miller:

This Adult Coloring Journal: Co-Dependents Anonymous (Safari Illustrations, Polka Dots) book is simply not ordinary book, you have after that it the world is in your hands. The benefit you receive by reading this book will be information inside this publication incredible fresh, you will get info which is getting deeper anyone read a lot of information you will get. This particular Adult Coloring Journal: Co-Dependents Anonymous (Safari Illustrations, Polka Dots) without we recognize teach the one who reading it become critical in pondering and analyzing. Don't become worry Adult Coloring Journal: Co-Dependents Anonymous (Safari Illustrations, Polka Dots) can bring once you are and not make your tote space or bookshelves' grow to be full because you can have it in your lovely laptop even telephone. This Adult Coloring Journal: Co-Dependents Anonymous (Safari Illustrations, Polka Dots) having great arrangement in word as well as layout, so you will not truly feel uninterested in reading.

Kathy Fredette:

As people who live in the modest era should be change about what going on or data even knowledge to make these keep up with the era that is always change and advance. Some of you maybe will update themselves by reading through books. It is a good choice for yourself but the problems coming to you is you don't know which you should start with. This Adult Coloring Journal: Co-Dependents Anonymous (Safari Illustrations, Polka Dots) is our recommendation to cause you to keep up with the world. Why, since this book serves what you want and want in this era.

Roger Borquez:

People live in this new day of lifestyle always aim to and must have the extra time or they will get large amount of stress from both everyday life and work. So , if we ask do people have free time, we will say absolutely of course. People is human not a robot. Then we consult again, what kind of activity do you possess when the spare time coming to you actually of course your answer will certainly unlimited right. Then do you ever try this one, reading textbooks. It can be your alternative throughout spending your spare time, the book you have read will be Adult Coloring Journal: Co-Dependents Anonymous (Safari Illustrations, Polka Dots).

Maryann Warren:

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