



# **Adult Coloring Journal: Co-Dependents Anonymous (Animal Illustrations, Watercolor Herringbone)**

*Courtney Wegner*

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Courtney Wegner

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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As people who live in the particular modest era should be up-date about what going on or details even knowledge to make all of them keep up with the era which is always change and move forward. Some of you maybe will probably update themselves by reading books. It is a good choice to suit your needs but the problems coming to a person is you don't know which one you should start with. This Adult Coloring Journal: Co-Dependents Anonymous (Animal Illustrations, Watercolor Herringbone) is our recommendation to make you keep up with the world. Why, because book serves what you want and want in this era.

#### **Maxine Elam:**

People live in this new morning of lifestyle always try to and must have the free time or they will get large amount of stress from both daily life and work. So , once we ask do people have spare time, we will say absolutely of course. People is human not only a robot. Then we question again, what kind of activity do you have when the spare time coming to an individual of course your answer will probably unlimited right. Then ever try this one, reading publications. It can be your alternative throughout spending your spare time, the book you have read is usually Adult Coloring Journal: Co-Dependents Anonymous (Animal Illustrations, Watercolor Herringbone).

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