



Adult Coloring Journal: Co-Dependents Anonymous (Sea Life Illustrations, Peach Poppies)

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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Joshua Phipps:

Spent a free the perfect time to be fun activity to accomplish! A lot of people spent their spare time with their family, or their particular friends. Usually they undertaking activity like watching television, going to beach, or picnic inside the park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your current free time/ holiday? May be reading a book may be option to fill your no cost time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to attempt look for book, may be the publication untitled Adult Coloring Journal: Co-Dependents Anonymous (Sea Life Illustrations, Peach Poppies) can be very good book to read. May be it could be best activity to you.

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