



Adult Coloring Journal: Co-Dependents Anonymous (Animal 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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Are you kind of busy person, only have 10 or perhaps 15 minute in your moment to upgrading your mind expertise or thinking skill actually analytical thinking? Then you are receiving problem with the book as compared to can satisfy your limited time to read it because this all time you only find book that need more time to be read. Adult Coloring Journal: Co-Dependents Anonymous (Animal Illustrations, Polka Dots) can be your answer mainly because it can be read by an individual who have those short spare time problems.

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