



# Adult Coloring Journal: Co-Dependents Anonymous (Floral 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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#### **Willard Griffin:**

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#### **Lyman Johnson:**

People live in this new morning of lifestyle always try and and must have the extra time or they will get lot of stress from both lifestyle and work. So , once we ask do people have time, we will say absolutely without a doubt. People is human not a robot. Then we question again, what kind of activity have you got when the spare time coming to anyone of course your answer can unlimited right. Then do you try this one, reading ebooks. It can be your alternative in spending your spare time, typically the book you have read will be Adult Coloring Journal: Co-Dependents Anonymous (Floral Illustrations, Ladybug).

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