



Adult Coloring Journal: Co-Dependents Anonymous (Animal 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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People live in this new moment of lifestyle always attempt to and must have the spare time or they will get large amount of stress from both way of life and work. So , when we ask do people have time, we will say absolutely yes. People is human not a robot. Then we consult again, what kind of activity are there when the spare time coming to anyone of course your answer will unlimited right. Then ever try this one, reading textbooks. It can be your alternative inside spending your spare time, the particular book you have read will be Adult Coloring Journal: Co-Dependents Anonymous (Animal Illustrations, Ladybug).

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