



# **Adult Coloring Journal: Co-Dependents Anonymous (Mandala 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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Playing with family in a very park, coming to see the ocean world or hanging out with close friends is thing that usually you will have done when you have spare time, then why you don't try thing that really opposite from that. Just one activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love Adult Coloring Journal: Co-Dependents Anonymous (Mandala Illustrations, Polka Dots), it is possible to enjoy both. It is fine combination right, you still desire to miss it? What kind of hangout type is it? Oh come on its mind hangout fellas. What? Still don't obtain it, oh come on its referred to as reading friends.

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