



# **Adult Coloring Journal: Co-Dependents Anonymous (Pet Illustrations, Clear Skies)**

*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 try to and must have the free time or they will get lots of stress from both day to day life and work. So , once we ask do people have extra time, we will say absolutely yes. People is human not really a huge robot. Then we inquire again, what kind of activity are there when the spare time coming to you actually of course your answer will probably unlimited right. Then do you ever try this one, reading ebooks. It can be your alternative with spending your spare time, typically the book you have read is usually Adult Coloring Journal: Co-Dependents Anonymous (Pet Illustrations, Clear Skies).

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