



Adult Coloring Journal: Co-Dependents Anonymous (Sea Life 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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From reader reviews:

Ronnie Hamilton:

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Dennis Bales:

Spent a free time to be fun activity to accomplish! A lot of people spent their spare time with their family, or their own friends. Usually they carrying out activity like watching television, going to beach, or picnic inside park. They actually doing same every week. Do you feel it? Would you like to something different to fill

your free time/ holiday? Might be reading a book is usually option to fill your no cost time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to try look for book, may be the publication untitled Adult Coloring Journal: Co-Dependents Anonymous (Sea Life Illustrations, Polka Dots) can be excellent book to read. May be it is usually best activity to you.

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