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Adult Coloring Journal: Co-Dependents Anonymous (Mandala Illustrations, Blue Orchid)

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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Reading can called thoughts hangout, why? Because if you find yourself reading a book particularly book entitled Adult Coloring Journal: Co-Dependents Anonymous (Mandala Illustrations, Blue Orchid) the mind will drift away trough every dimension, wandering in every aspect that maybe not known for but surely will end up your mind friends. Imaging each word written in a reserve then become one form conclusion and explanation this maybe you never get ahead of. The Adult Coloring Journal: Co-Dependents Anonymous (Mandala Illustrations, Blue Orchid) giving you a different experience more than blown away your mind but also giving you useful details for your better life with this era. So now let us present to you the relaxing pattern is your body and mind are going to be pleased when you are finished examining it, like winning a. Do you want to try this extraordinary spending spare time activity?

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