



# **Adult Coloring Journal: Co-Dependents Anonymous (Mandala Illustrations, Nautical Floral)**

*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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#### **Robert Farley:**

Reading can called brain hangout, why? Because when you are reading a book particularly book entitled Adult Coloring Journal: Co-Dependents Anonymous (Mandala Illustrations, Nautical Floral) your brain will drift away trough every dimension, wandering in each and every aspect that maybe unfamiliar for but surely can become your mind friends. Imaging each and every word written in a guide then become one application form conclusion and explanation that will maybe you never get before. The Adult Coloring Journal: Co-Dependents Anonymous (Mandala Illustrations, Nautical Floral) giving you another experience more than blown away the mind but also giving you useful details for your better life in this particular era. So now let us teach you the relaxing pattern this is your body and mind are going to be pleased when you are finished reading through it, like winning a. Do you want to try this extraordinary investing spare time activity?

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