



Adult Coloring Journal: Co-Dependents Anonymous (Mandala Illustrations, Rainbow Canvas)

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:

Juan Farley:

Playing with family in a very park, coming to see the sea world or hanging out with close friends is thing that usually you might have done when you have spare time, and then why you don't try factor that really opposite from that. One activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love Adult Coloring Journal: Co-Dependents Anonymous (Mandala Illustrations, Rainbow Canvas), you may enjoy both. It is great combination right, you still need to miss it? What kind of hang type is it? Oh come on its mind hangout people. What? Still don't buy it, oh come on its referred to as reading friends.

Frank Botelho:

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