



Adult Coloring Journal: Survivors of Incest Anonymous (Sea Life Illustrations, Purple Mist)

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:

Mary Williams:

What do you about book? It is not important to you? Or just adding material when you want something to explain what your own problem? How about your free time? Or are you busy man or woman? If you don't have spare time to complete others business, it is make you feel bored faster. And you have spare time? What did you do? Every person has many questions above. The doctor has to answer that question due to the fact just their can do that. It said that about guide. Book is familiar in each person. Yes, it is suitable. Because start from on kindergarten until university need this Adult Coloring Journal: Survivors of Incest Anonymous (Sea Life Illustrations, Purple Mist) to read.

Beth Kelly:

People live in this new time of lifestyle always attempt to and must have the extra time or they will get great deal of stress from both everyday life and work. So , when we ask do people have extra time, we will say absolutely of course. People is human not only a robot. Then we question again, what kind of activity do you have when the spare time coming to you actually of course your answer will certainly unlimited right. Then do you ever try this one, reading guides. It can be your alternative within spending your spare time, often the book you have read is usually Adult Coloring Journal: Survivors of Incest Anonymous (Sea Life Illustrations, Purple Mist).

Virginia Gauvin:

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