



Adult Coloring Journal: Survivors of Incest 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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The particular book Adult Coloring Journal: Survivors of Incest Anonymous (Mandala Illustrations, Rainbow Canvas) has a lot of information on it. So when you make sure to read this book you can get a lot of help. The book was authored by the very famous author. Mcdougal makes some research before write this book. This specific book very easy to read you can get the point easily after scanning this book.

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