



# Adult Coloring Journal: Nar-Anon (Turtle Illustrations, Watercolor Herringbone)

*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:**

#### **Terry Carr:**

Why don't make it to be your habit? Right now, try to ready your time to do the important action, like looking for your favorite book and reading a guide. Beside you can solve your long lasting problem; you can add your knowledge by the guide entitled Adult Coloring Journal: Nar-Anon (Turtle Illustrations, Watercolor Herringbone). Try to stumble through book Adult Coloring Journal: Nar-Anon (Turtle Illustrations, Watercolor Herringbone) as your close friend. It means that it can to get your friend when you truly feel alone and beside that of course make you smarter than before. Yeah, it is very fortunated for you. The book makes you much more confidence because you can know almost everything by the book. So , let me make new experience as well as knowledge with this book.

#### **Jennifer Case:**

Information is provisions for people to get better life, information currently can get by anyone with everywhere. The information can be a knowledge or any news even a huge concern. What people must be consider when those information which is within the former life are hard to be find than now could be taking seriously which one would work to believe or which one the actual resource are convinced. If you have the unstable resource then you understand it as your main information there will be huge disadvantage for you. All those possibilities will not happen with you if you take Adult Coloring Journal: Nar-Anon (Turtle Illustrations, Watercolor Herringbone) as your daily resource information.

#### **Jeannette Coleman:**

People live in this new time of lifestyle always aim to and must have the spare time or they will get lots of stress from both daily life and work. So , whenever we ask do people have spare time, we will say absolutely yes. People is human not really a huge robot. Then we request again, what kind of activity do you have when the spare time coming to you of course your answer may unlimited right. Then do you try this one, reading publications. It can be your alternative inside spending your spare time, the particular book you have read is Adult Coloring Journal: Nar-Anon (Turtle Illustrations, Watercolor Herringbone).

#### **Judith Ellis:**

Reading can called mind hangout, why? Because when you are reading a book mainly book entitled Adult Coloring Journal: Nar-Anon (Turtle Illustrations, Watercolor Herringbone) your mind will drift away trough every dimension, wandering in each aspect that maybe unknown for but surely can become your mind friends. Imaging just about every word written in a reserve then become one form conclusion and explanation that maybe you never get prior to. The Adult Coloring Journal: Nar-Anon (Turtle Illustrations, Watercolor Herringbone) giving you a different experience more than blown away your brain but also giving you useful info for your better life in this particular era. So now let us present to you the relaxing pattern the following is your body and mind is going to be pleased when you are finished reading it, like winning a

game. Do you want to try this extraordinary wasting spare time activity?

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