

12 Step Coloring book Journal

Pam Vale

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Pam Vale : 12 Step Coloring book Journal before purchasing it in order to gage whether or not it would be worth my time, and all praised 12 Step Coloring book Journal:

0 of 0 people found the following review helpful. Five StarsBy Gloria GardnerIt was a well received gift to a friend0 of 0 people found the following review helpful. Great resource for those in recovery programs!By Patricia NievesAwesome artist! I use her materials during Art Meditation paired with instrumental music. Her pictures simplify the main principle of each of the 12 Steps for those in recovery!0 of 0 people found the following review helpful. Three StarsBy Cheryl M AndersonThis is a nice journal with space for journaling and then a page to color.

Coloring Book Journals are a fun, recovery support tool for yourself or as a thoughtful gift. Including over 25 original, hand drawn coloring images with inspirational 12 step and recovery sayings along with 48 journaling pages. All coloring images in this book are original drawings by Pam Vale, including a wide variety of themes, such as nature, flowers, birds, zentangles, Butterflies, owls, hearts, dream-catchers, dragonflies, and more! Coloring can quiet the mind, stimulate the imagination and help organize your thoughts. Journaling can provide clarity and perspective on your path to peace and serenity. This coloring book journal is arranged in small bites in hopes of helping you create a mindful, daily habit of gratitude and self-reflection.