



# Adult Coloring Journal: Mindfulness (Floral Illustrations, Color Burst)

*Courtney Wegner*

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## **Adult Coloring Journal: Mindfulness (Floral Illustrations, Color Burst)** Courtney Wegner

Clinical Therapist, Courtney Wegner has carefully selected the illustrations and prompts in this interactive adult coloring journal for their meditative power to enhance your journaling experience and aid in your journey of self-discovery and path to happiness. 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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#### **Donna Moore:**

A lot of people always spent their own free time to vacation or go to the outside with them family members or their friend. Were you aware? Many a lot of people spent they free time just watching TV, or perhaps playing video games all day long. In order to try to find a new activity here is look different you can read any book. It is really fun for you personally. If you enjoy the book you read you can spent all day long to reading a reserve. The book Adult Coloring Journal: Mindfulness (Floral Illustrations, Color Burst) it doesn't matter what good to read. There are a lot of people who recommended this book. We were holding enjoying reading this book. In case you did not have enough space to create this book you can buy the particular e-book. You can more easily to read this book through your smart phone. The price is not too costly but this book possesses high quality.

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