



# Adult Coloring Journal: Anxiety (Animal Illustrations, Springtime Floral)

*Courtney Wegner*

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**Adult Coloring Journal: Anxiety (Animal Illustrations, Springtime Floral)** 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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Spent a free time and energy to be fun activity to do! A lot of people spent their spare time with their family, or all their friends. Usually they doing activity like watching television, gonna beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your own personal free time/ holiday? Could be reading a book may be option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of reserve that you should read. If you want to test look for book, may be the publication untitled Adult Coloring Journal: Anxiety (Animal Illustrations, Springtime Floral) can be fine book to read. May be it could be best activity to you.

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