

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.

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