



## 12 Steps to Freedom Coloring Book Journal

*Pam Vale*

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# 12 Steps to Freedom Coloring Book Journal

*Pam Vale*

## **12 Steps to Freedom Coloring Book Journal Pam Vale**

Coloring Book Journals are a useful and creative addiction recovery support tool. This includes the 12 steps and 12 traditions of recovery programs with 35 original, hand drawn coloring images and patterns printed on one side with a blank backside. There are also inspirational messages and 80 lined journaling pages. All coloring images and patterns in this book are original drawings by Pam Vale,. 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. The patterns and coloring images in this book were designed to be repetitive and meditative so that you can use it as tool for reflection and growth.

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