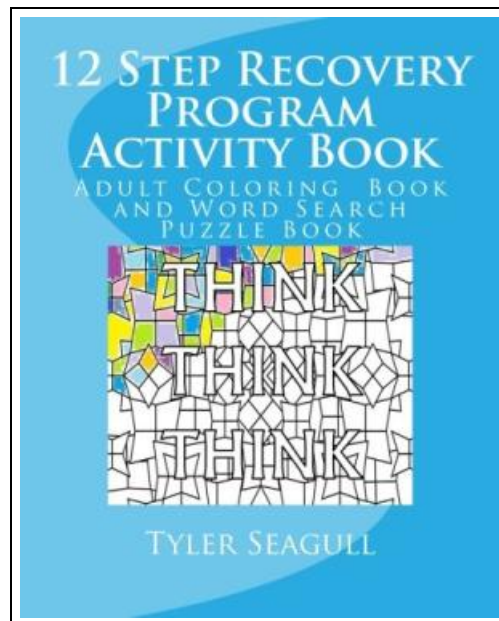


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Reviews

Extremely helpful for all class of folks. I really could comprehend almost everything using this written e publication. You will not feel monotony at at any time of the time (that's what catalogs are for about in the event you check with me).
(Prof. Melyna Dooley V)

12 STEP RECOVERY PROGRAM ACTIVITY BOOK: ADULT COLORING BOOK AND WORD SEARCH PUZZLE BOOK (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Coloring World Interview with Tyler Seagull Coloring World: Today we are interviewing Tyler Seagull, author of 12 Step Recovery Program Activity Book. Welcome, Tyler. Tell us how you got started publishing adult coloring books? Tyler Seagull: Hello to you and all your readers. I hope everyone is doing well. Before I started publishing coloring books, I made designs for myself to color. I saw a documentary about how coloring helps people relax and it can reduce anxiety. I was having trouble relaxing so I thought I'd try coloring. Most of the books I found were too girly for me so I started making my own designs. I used 12-step slogans because I wanted to tack up signs to help my recovery. I shared some coloring pages with friends and they asked for more. Then I started sharing coloring pages online. I had quite a few designs and someone told me I should make a book. And that's what I did. Coloring World: So you actually color? Tyler Seagull: [laughs] Yeah, I do. I don't think coloring is a strictly feminine activity, but not a lot of guys color. Or maybe they do but don't talk about it. Coloring World: Tell me more about your recovery. Tyler Seagull: Oh. that would take a while. My story is basically the same as everyone's - I got tired of being tired so I went to a 12-step meeting. I met a lot of people there who helped me with my early struggles. I still need their help occasionally. Coloring World: You make it sound simple. Tyler Seagull: Maybe simple, but not easy. It takes a long time. I had...

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