



# **Inkspirations for Recovery: A Coloring Companion that Celebrates and Supports Living One Day at a Time**

*Rokelle Lerner*

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Coloring books for adults have gone mainstream with millions of grown-ups unabashedly enjoying the hobby worldwide. Now, for the first time, a leader in the recovery field has created a coloring book specifically for the millions of people who are living healthier, more fulfilling lives using the Twelve-Step principles. And while everyone could use a little "inkspiration," coloring offers unique benefits to people in recovery. For example:

- A primary issue for those in recovery is the inability to find peace without the use of alcohol or other substances; coloring calms the mind and helps you de-stress.
- Coloring is meditative--it allows you to stop overthinking and to simply "be" in the moment.
- Many children who grew up in chaotic alcoholic homes missed out on the simple creative pleasures of childhood, like coloring; this allows anyone to explore their playful, creative sides.
- Once free of addictive substances, people often experience a tremendous void--a new hobby like coloring can help fill the void in a healthy way and spark interest in other artistic avenues.
- For people who struggle with negative self-talk or the need to be perfect, coloring is great because there are no rules! It's an artistic activity that requires no skill set or mastery--it's just fun.

You'll find original art with diverse imagery, from mandalas and meditative patterns to nature scenes, animals, and mantras with room to create custom patterns and doodles. Encouraging quotes and affirmations will help quiet negative thoughts and a "how-to" to section by illustrator and artist Judith Clement Wall guides readers in how to customize the art or to take their interest further by doodling or patterning within the pages. We've even included blank journal pages for self-expression.

Thick stock paper allows readers to use colored pencils, markers, or watercolors. Pages are perforated for easy tearing and sharing, to frame or hang on the fridge. We've also used "lay-flat" binding to manufacture the book which eliminates that annoying bulge in the spine when you open a book.

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