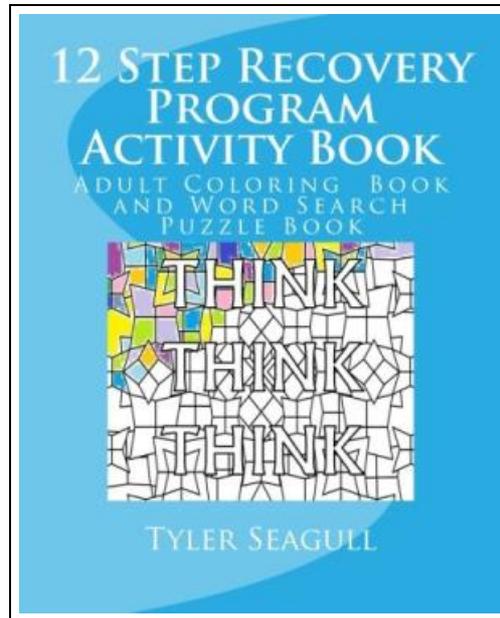


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Coloring World Interview with Tyler Seagull Coloring World: Today we are interviewing Tyler Seagull, author of 12 Step Recovery Program Activity Book. Welcome, Tyler. Tell us how you got started publishing adult coloring books? Tyler Seagull: Hello 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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