



I'm not robot



**I am not robot!**

You can find these resources in different formats (audio, books and pamphlets), in different locations: The pamphlet "Where do I start" is available as a free PDF document to download here The brief excerpts from the Big Book, Alcoholics Anonymous, Fourth Large selection of Overeaters Anonymous (OA) Pamphlets including The Tools of Recovery, Billy's Story, Fifteen Questions, Coming in Young, OA Cares and more OA-approved pamphlets and Lifeline, our magazine of recovery. Select a category, or search on a key word to find related items. Welcome, Newcomers! Everything a Newcomer Needs to Know. The list updates as you go. The basis for stopping our compulsive eating behaviors -- and staying Document Library. (See the pamphlet A New Plan of Eating for more information.) This Tool helps us deal with the physical aspects of our disease and achieve physical recovery After repeated failures to control our eating and our weight, we now have a solution that works. Action Plan In Overeaters Anonymous (OA) abstinence is defined as the act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. All this material provides insight into our disease and the experience, strength, and hope that there is a solution for us. Use literature every day to support you in keeping The Tools of Recovery has long been OA's essential explanatory guide to understanding how using the nine Tools of OA—a plan of eating, sponsorship, meetings, telephone, If your loved one struggles with compulsive eating, Overeaters Anonymous Silicon Valley suggests reading OA literature and attending a meeting to help OA offers us recovery from compulsive eating on three levels: physical, emotional and spiritual. Recovery is defined as the removal of the need to engage in compulsive eating behaviors OA-approved literature is an important tool for our recovery from compulsive eating. The following literature is specifically helpful for obtaining and maintaining abstinence. Our solution is a program of recovery—a program of Twelve simple Steps. pamphlets, wallet cards, and selected Alcoholics Anonymous texts. Find documents that support OA meetings, service positions, workshops, and more All pamphlets, packets, wallet cards, public information materials, and manuals sold by Overeaters Anonymous, including links to third-party e-books As a Tool, a plan of eating helps us abstain from compulsive eating, guides us in our dietary isions, and defines what, when, how, where, and why we eat. All this material provides insight into our disease and the experience, strength, and hope that there is a Where Do I Start? By following these Steps, thousands of OA members have stopped eating compulsively We read OA-approved literature, which includes numerous books, study guides, pamphlets, wallet cards, and selected Alcoholics Anonymous texts. Great Britain. Many OA members find that reading literature daily further reinforces how to live the Twelve Steps and Twelve Abstinence Literature Resource Guide.