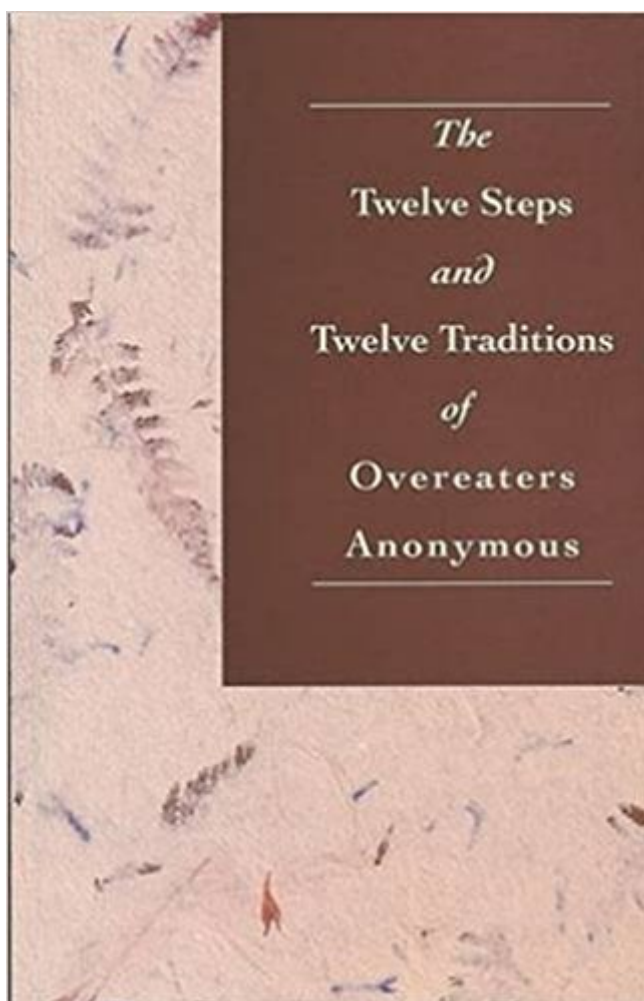


The book was found

# The Twelve Steps And Twelve Traditions Of Overeaters Anonymous



## Synopsis

Provides a detailed explanation of the principles of Overeaters Anonymous and serves as a guide for those of us living the programme of OA who want to spread the message of recovery to others.

## Book Information

Paperback: 221 pages

Publisher: Overeaters Anonymous; UK ed. edition (October 1993)

Language: English

ISBN-10: 0960989862

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Product Dimensions: 1 x 6 x 8.8 inches

Shipping Weight: 10.4 ounces

Average Customer Review: 4.5 out of 5 stars 82 customer reviews

Best Sellers Rank: #70,266 in Books (See Top 100 in Books) #71 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #80 in Books > Health, Fitness & Dieting > Addiction & Recovery > Drug Dependency #84 in Books > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs

## Customer Reviews

I am new to Overeaters Anonymous and understanding the program. The book is well written and does a great job adapting the Alcoholics Anonymous program to food addiction and compulsive overeating. The text focuses incredibly well on the addiction and the behaviors that define it while taking an approachable and empathetic tone. Anyone who struggles with food or knows someone who does would be greatly benefited by this book.

This is The Book for OA...it help's anybody learn how to live a life free of the addiction. food; or for that matter addiction period. It helps one find a better way of living...mostly in the "now" it's an offshoot of AA and by living the steps...I've found a new and happier life.

This book is so helpful if your in any 12 step program.It arrived on time and in good shape.D Brooks

As advertised

excellent

As described Like Brand New Very pleased with purchased

This is a great book that thoroughly explains the Twelve Steps of the Overeaters Anonymous Program. Some steps are easy. Some may be the hardest things you've ever done. But each step is presented with the reasons why it is necessary, the part it plays in the healing process, and suggestions to help you accomplish it. The book also stresses the importance of the strength you draw from other members of your group and from your sponsor. A must read for members of Overeaters Anonymous or for those thinking of joining.

I was expecting an average size book. instead what I received was a pocket size book. Ok that I can deal with, no big deal, but the words are so small I'm having a hard time reading it. Very disappointing :( Maybe I overlooked the details in the description.

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