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"How did Overeaters Anonymous begin? Why were our Steps rewritten? When was abstinence introduced? What was the carbohydrate controversy? Where did I Put My Hand in Yours originate? How did the OA Lifeline get its name? Discover answers to these questions and other fascinating facts in the pages of OA's first

history book. A cofounder, who has kept coming back since the very first 1960 OA meeting describes it all: what we were like, what happened, what we're like now, what we hope for our future. Beyond Our Wildest Dreams is absorbing and inspirational, a reading treat for every member of Overeaters Anonymous and for all those who encourage and support compulsive overeaters in their quest for recovery."--Back cover

This book is sold at cost of sale on Amazon for the benefit of OA members who want a print copy of the popular Big Book study by Lawrie C. Unauthorized reproduction of this book for sale is a violation of copyright law and sale at a price greater than cost is a violation of the author's terms of copyright. Find a free PDF copy of this book, additional information, podcasts and webcasts at [oabigbook.info](http://oabigbook.info)

Eating Disorders Anonymous: The Story of How We Recovered from Our Eating Disorders presents the accumulated experience, strength, and hope of many who have followed a Twelve-Step approach to recover from their eating disorders. Eating Disorders Anonymous (EDA), founded by sober members of Alcoholics Anonymous (AA), have produced a work that emulates the "Big Book" in style and substance. EDA respects the pioneering work of AA while expanding its Twelve-Step message of hope to include those who are religious or seek a spiritual solution, and for those who are not and may be more comfortable substituting "higher purpose" for the traditional "Higher Power."

Further, the EDA approach embraces the development and maintenance of balance and perspective, rather than abstinence, as the goal of recovery. Initial chapters provide clear directions on how to establish a foothold in recovery by offering one of the founder's story of hope, and collective voices tell why EDA is suitable for readers with any type of problem eating, including: anorexia nervosa, bulimia, binge eating, emotional eating, and orthorexia. The text then explains how to use the Twelve Steps to develop a durable and resilient way of thinking and acting that is free of eating disordered thoughts and behaviors, including how to pay it forward so that others might have hope of recovery. In the second half of the text, individual contributors share their experiences, describing what it was like to have an eating disorder, what happened that enabled them to make a start in recovery, and what it is like to be in recovery. Like the "Big Book," these stories are in three sections: Pioneers of EDA, They Stopped in Time, and They Lost Nearly All. Readers using the Twelve Steps to recover from other issues will find the process consistent and reinforcing of their experiences, yet the EDA approach offers novel ideas and specific guidance for those struggling with food, weight and body image issues. Letters of support from three, highly-regarded medical professionals and two, well-known recovery advocates offer reassurance that EDA's approach is consistent with that supported

by medical research and standards in the field of eating disorders treatment. Intended as standard reading for members who participate in EDA groups throughout the world, this book is accessible and appropriate for anyone who wants to recover from an eating disorder or from issues related to food, weight, and body image. This workbook is a companion to For Today and provides thought-provoking questions for each reading in the book. Use it to gain new insights as you reflect on the daily reading in For Today. Workbook includes two questions per page and provides space to write answers. The Steps outline a program of personal recovery from the often devastating effects of another's alcoholism. "The Overeaters Anonymous Twelve-Step program allows compulsive overeaters around to experience what OA's founder calls "a joyous appreciation of life without excess food ..."--Publisher description. Twelve Steps and Twelve Traditions of GreySheeters Anonymous Can't stop eating? Many have found recovery from compulsive eating, obesity, food addiction, binge eating, anorexia, or bulimia in GreySheeters Anonymous (GSA.) The Twelve Steps and Twelve Traditions of GreySheeters Anonymous offers readings, questions for reflection, and shared experiences. Interested? Ask yourself the following questions: • Are you tired of looking for a solution about your weight problem? • Are you ready to try something different? • Are you ready to have freedom from food and the constant thoughts that have kept you imprisoned? • Are you

ready to go to any lengths to experience freedom from the phenomenon of craving? GSA is a Twelve Step Program in which the physical aspect (allergy/addiction) of our disease is addressed by the GreySheet food plan, while the mental, emotional, and spiritual aspects are addressed by the program's Twelve Steps and Twelve Traditions. We have no dues or fees. We are not affiliated with any other organization. The only requirement for membership is a desire to stop eating compulsively. The foods that we eat can be purchased in markets and many restaurants. What we eat is abundant, delicious, and portable. The author of the popular Food for Thought takes a fresh, in-depth look at the Twelve Steps of Overeaters Anonymous. The author of the popular Food for Thought takes a fresh, in-depth look at the Twelve Steps of Overeaters Anonymous. Each chapter carefully examines and interprets each of the individual Steps. This book offers solutions to anyone who has felt victimized, ostracized or left behind by life. Surprising as it may sound, many people take comfort in their own misery. Feeling too good for too long (or even feeling good at all) can be scary for people, explains Anne Katherine. "Achievement creates anxiety. Intimacy leads to fear. Happiness produces uneasiness. Pleasure causes pain. The solution to this dilemma: what feels good has to be stopped. I call this an addiction to misery." Katherine's fascination and perspective book provides immediate assistance to those people who think



they might be making choices that keep them at a "carefully calibrated level of existence--beneath bliss and above despair." The third edition of Overeaters Anonymous, OA's Brown Book, includes forty never-before-published, personal stories by recovering OA members from around the world the founder's story the complete text of ""Our Invitation to You"" an all-new Appendix,""The Role of a Plan of Eating in Recovery from Compulsive Eating"" by a dietitian specializing in addictive and compulsive eating disorders the book's original three appendices,""A Disease of the Mind,"" ""A Disease of the Body,"" and ""A Disease of the Spirit"" and a new Forward by an eating-disorder treatment professional Twelve Steps to recovery. Narcotics Anonymous Step Working Guides are meant to be used by NA members at any stage of recovery, whether it's the first time through the steps, or whether they have been a guiding force for many years. This book is intentionally written to be relevant to newcomers and to help more experienced members develop a deeper understanding of the Twelve Steps. The all-time classic picture book, from generation to generation, sold somewhere in the world every 30 seconds! Have you shared it with a child or grandchild in your life? For the first time, Eric Carle's The Very Hungry Caterpillar is now available in e-book format, perfect for storytime anywhere. As an added bonus, it includes read-aloud audio of Eric Carle reading his classic story. This fine audio production pairs perfectly

with the classic story, and it makes for a fantastic new way to encounter this famous, famished caterpillar. Based on the spiritual foundations of Twelve Step programs, these daily readings—part of Hazelden’s meditation series—offer inspiration, affirmation, and hope to those of us in recovery from addiction. Drawing upon insightful phrases often overheard in the rooms of recovery, the daily reflections and prayers in this collection are intended to offer comfort and guiding reminders to those recovering from alcoholism, drug addiction, substance use disorders, process addictions, or other compulsive behaviors. Recovery is a process that happens a day at a time, and this daily reader will support your journey.

How many of us have felt like Phillip Z? He has a staunch belief in the Twelve Steps, yet struggles with the concept of a Higher Power.

In *A Skeptic's Guide to the 12 Steps*, the author investigates each of the Twelve Steps to gain a deeper understanding of a higher power. He examines what may seem like “unsettling” concepts to us including surrendering one's will and life to God, and he encourages us to understand the spiritual journey of recovery despite our skepticism.

The basic text for Alcoholics Anonymous. The Participant Guide is a companion publication to

the Twelve Step Workshop and Study Guide, which is a comprehensive leader's guide for a fifteen-session OA workshop. The Participant Guide is for workshop attendees. It is abridged from the leader's guide and includes only worksheets and homework assignments. The basic principles of many of the popular twelve step programs are combined in this book into one easy text, covering problems with: Alcohol, Drugs, Gambling, Anger, Food, Relapse, People, Places, & Things. This book will benefit anyone suffering from these destructive behaviors by using a series of open-ended questions to work the twelve steps of recovery programs. A collection of stories and essays on the topic abstinence. Daily positive thoughts offer insight and ideas for meeting the challenges of ongoing recovery from eating disorders. Find strength and renewal in recovery from eating disorders with the author of Food for Thought and explore your spiritual and personal development in recovery. The daily meditations found in Inner Harvest invite us to live more fully, encouraging us to continue living a life focused on healthy personal growth--not on food. The readings offer support for developing self-acceptance and the openness to build better relationships with others and our Higher Power. The twelve steps and Twelve traditions reprinted for adaptation by permission of AA World Services, Inc.--T.p. verso. Please note: This is a companion version & not the original book. Sample Book Insights: #1 Overeaters Anonymous has

a program of recovery that has helped thousands of compulsive overeaters stop eating compulsively. The program is based on the twelve steps, and it offers a solution that works. #2 Compulsive overeating is a disease that cannot be controlled by willpower. It stems from an abnormal reaction to food, which is different from the reaction of a normal eater. We will always have these abnormal tendencies. #3 We must abstain from all foods and eating behaviors that cause us problems. If we don't ever overeat, we won't be triggered to crave more. But this, too, has proven impossible for us to do by our willpower alone. #4 We are all compulsive overeaters, and as long as we believe that we already know what is best for us, we will cling to our habitual ways of thinking and acting. But as long as we believe that we can handle life through self-will alone, we will continue to fail. As stated in the introduction to The Twelve Traditions Workbook of Overeaters Anonymous: You might be asking yourself, "What is so important about the Traditions? Why should I study them? Are they still relevant today?" The answer to the last question is "Yes!" This Workbook, designed as an in-depth companion piece to The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition, is intended to help compulsive eaters be inspired to work through all Twelve Traditions of Overeaters Anonymous, just as they have worked through the Twelve Steps. As we proceed through this Workbook, we focus on the

Spiritual Principles of the Twelve Traditions, and explore through guided questions the following: ? How each individual Tradition embodies its Spiritual Principle,? How the Tradition affects our OA group and Fellowship as a whole, and? How that (the Tradition) applies directly to the life of each recovering compulsive eater. The Fellowship created the Twelve Traditions Workbook of Overeaters Anonymous thoughtfully, so that it can be used either independently or with a group, depending on need. We do recommend that individuals complete the Workbook alongside a sponsor or fellow OA member for conversation and support. Whatever approach you decide to take, it is our hope that your study of the Traditions using this workbook will transform every relationship in your life, as you practice these principles in all your affairs. Together we get better. The Twelve Steps of the Debtors Anonymous Program Written for young people age ten and under, this book explains the Twelve-step program designed to help people with food problems. 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. The Boiled Egg Diet: The Easy, Fast Way to Weight Loss! Lose up to 25 Pounds in 2 short weeks! Are you looking to shed pounds quickly? Do you want a structure meal plan to get you started? Are you looking for a diet that will help you ditch those

love handles? Then this book can help! The boiled egg diet is a diet that, as you guessed it, mainly consists of hardboiled eggs. Of course, that isn't all that you'll need to eat in order to shed those pounds! With hardboiled eggs mixed with healthy metabolism boosting fruits, low carb vegetables and other lean proteins, you'll watch the pounds melt away in as little as two weeks. Many people have reported as losing up to 25 pounds in just a few short weeks, but results may vary. In: *The Boiled Egg Diet: The Easy Fast Way to Weight Loss! Lose up to 25 Pounds in 2 Short Weeks* by Arielle Chandler you'll find all the information you need to get started, recipes to help you along the way, and a one week meal plan to get you started on the right track. There's no reason to deal with unwanted fat when this diet can help you shed those pounds in no time at all! Bestselling author and renowned Buddhist teacher Noah Levine adapts the Buddha's Four Noble Truths and Eight Fold Path into a proven and systematic approach to recovery from alcohol and drug addiction—an indispensable alternative to the 12-step program. While many desperately need the help of the 12-step recovery program, the traditional AA model's focus on an external higher power can alienate people who don't connect with its religious tenets. *Refuge Recovery* is a systematic method based on Buddhist principles, which integrates scientific, non-theistic, and psychological insight. Viewing addiction as cravings in the mind and body,

Levine shows how a path of meditative awareness can alleviate those desires and ease suffering. Refuge Recovery includes daily meditation practices, written investigations that explore the causes and conditions of our addictions, and advice and inspiration for finding or creating a community to help you heal and awaken. Practical yet compassionate, Levine's successful Refuge Recovery system is designed for anyone interested in a non-theistic approach to recovery and requires no previous experience or knowledge of Buddhism or meditation. Daily readings for compulsive overeaters who seek to understand the role of food in their lives, supporting a life of physical, emotional, and spiritual balance. Food for Thought offers wise and comforting words for compulsive overeaters who seek to understand the role of food in their lives. Each day's reading in the best-selling classic supports a life of physical, emotional, and spiritual balance. Read daily by millions, Hazelden meditation books have set the standard for quality and popularity. Like all the Hazelden meditation favorites, Food for Thought provides enduring wisdom, reassurance, and strength.

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- Twelve Steps For Overeaters
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