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The twelve steps and twelve traditions of overeaters anonymous third edition

This book provides a detailed explanation of the principles of Overeaters Anonymous and serves as a guide for those of us living the program of OA who want to spread the message of recovery to others. > > Overeaters Anonymous - Third Edition Overeaters Anonymous - Third Edition "In a spirit of fellowship and support, members of Overeaters Anonymous share their personal stories. Readers will find acceptance and encouragement in the words and experiences of others who have struggled with compulsive overeating." Read an excerpt of this book! 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. BN ID: 2940150434240 Publisher: Overeaters Anonymous, Inc. Publication date: 10/01/2014 Sold by: Barnes & Noble Format: NOOK Book Pages: 211 Sales rank: 107,185 File size: 1 MB "Our way of life, based on these twelve steps and twelve traditions, has brought us physical, emotional and spiritual healing, that we don't hesitate to call miraculous. What works for us will work for you, too." -The Twelve Steps and Twelve Traditions of Overeaters Anonymous The Twelve Steps of Overeaters Anonymous We admitted we were powerless over food—that our lives had become unmanageable. Came to believe that a Power greater than ourselves could restore us to sanity. Made a decision to turn our will and our lives over to the care of God as we understood Him. Made a searching and fearless moral inventory of ourselves. Admitted to God, to ourselves and to another human being the exact nature of our wrongs. Were entirely ready to have God remove all these defects of character. Humbly asked Him to remove our shortcomings. Made a list of all persons we had harmed, and became willing to make amends to them all. Made direct amends to such people wherever possible, except when to do so would injure them or others. Continued to take personal inventory and when we were wrong, promptly admitted it. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs. Spiritual Principles in the Twelve Steps A spiritual principle is associated with each of the Twelve Steps. Listen to these podcasts to learn more: The Importance of Working all 12 Steps In All Our Affairs How and Why does a 12-Step Program Work for Compulsive Eating For an in-depth study of the Twelve Steps, read The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition available from our bookstore. You can also read the introduction to this important book for OA members. Permission to use the Twelve Steps of Alcoholics Anonymous for adaptation granted by AA World Services, Inc. £15.95 OA's third edition of the beloved 'Brown Book' includes forty never before published stories by members from around the world. SKU: 980 Categories: Books, For beginners

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