

2015 Catalog

BOOKS

Abstinence, Second Edition

One of OA's most popular books, updated and expanded with 50 percent new stories! These member-written articles are drawn from *Lifeline*, OA's international magazine of recovery. Find help, encouragement and guidance to help you achieve and maintain abstinence. Softcover; 192 pages. **#994/\$11.00 each; #995/\$247.50 box of 25** (discount included)

A New Beginning: Stories of Recovery from Relapse

Stories from *Lifeline* magazine full of experience, strength, inspiration and wisdom. Softcover; 144 pages. **#976/\$9.50 each; #977/\$213.75 box of 25** (discount included)

Alcoholics Anonymous

The fourth edition of AA's Big Book outlines the principles of Twelve-Step recovery and tells the stories of those who found recovery by practicing them. Softcover; 608 pages. **#1000/\$11.00** (no discount)

Beyond Our Wildest Dreams

How did Overeaters Anonymous begin? When was abstinence introduced? How did *Lifeline* get its name? Discover answers to these questions and more in this book of OA's history. Softcover; 220 pages; indexed. **#998/\$13.50 each; #999/\$303.75 box of 25** (discount included)

For Today

Offers inspiring and thought-provoking affirmations and readings for each day of the year, written especially for OA members. Pocket sized, softcover, indexed; 374 pages. **#984/\$11.00 each; #985/\$247.50 box of 25** (discount included)

For Today Workbook

A new way to use a favorite tool! Gain new insights as you reflect on the daily readings in *For Today*. This companion workbook provides thought-provoking questions for each reading in the book. Workbook includes two questions per page and provides space to write answers. Softcover; 208 pages. **#974/\$ 11.00 each** (no discount)

Lifeline Sampler

Stories from *Lifeline* magazine cover such topics as abstinent living, spiritual insights, Steps and Traditions, food and weight, slips and relapse, relationships in recovery and more. Softcover; indexed; 448 pages. **#982/\$13.50 each; #983/\$303.75 box of 25** (discount included)

NEW! Overeaters Anonymous, Third Edition

OA's third edition of the beloved Brown Book includes forty never-before-published stories by members from around the world, the complete text of "Our Invitation to You", the founder's story, and a new foreword by an eating disorder treatment professional with a new appendix to help readers understand the importance of using the plan of eating Tool in finding abstinence. Softcover; 232 pages. **#980/\$13.50 each; #981/\$303.75 box of 25** (discount included)

NEW! Overeaters Anonymous, Bundle, Second & Third Edition

This 2 book bundle pack includes both the new "Overeater's Anonymous, 3rd Edition" and "Overeater's Anonymous, 2nd Edition" for one low price.

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OA's third edition of the beloved Brown Book includes forty never-before-published stories by members from around the world, the complete text of "Our Invitation to You", the founder's story, and a new foreword by an eating disorder treatment professional with a new appendix to help readers understand the importance of using the plan of eating Tool in finding abstinence. Softcover; 232 pages.

OA's second edition of the beloved Brown Book includes personal stories of recovering OA members, the complete text of "Our Invitation to You", the founder's story and views of the program by non-OA professionals. Softcover; 264 pages. **#972/#2250**

Seeking the Spiritual Path: A Collection from Lifeline

More than 70 stories of spiritual discovery compiled from *Lifeline* magazine. Explores such topics as the search for a Higher Power, spiritual experiences before and during the program, tools for spiritual growth and the perspective of agnostics and atheists. Softcover; 144 pages. **#978/\$9.50 each; #979/\$213.75 box of 25** (discount included)

The Twelve Steps and Twelve Traditions of Overeaters Anonymous

This comprehensive work provides a detailed, moving exploration of how OA's Steps and Traditions help members recover and how the Fellowship functions as a whole. Questions after each Tradition help strengthen your meeting. Softcover; indexed; 240 pages. **#990/\$13.50 each; #991/\$303.75 box of 25** (discount included)

Large-Print Edition, softcover #990L/\$15.00 (no discount)

Pocket Edition, softcover #990P/\$13.50 each (no discount) **#991P/\$303.75 box of 25** (discount included)

Also available on CD and PDF (See page 10 for CD and page 8 for PDF)

The Twelve-Step Workbook of Overeaters Anonymous

Deepen and strengthen your program by answering thought-provoking questions drawn from and page-referenced to *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*. Softcover; 128 pages. **#992/\$11.00 each; #993/\$247.50 box of 25** (discount included) **Also available as PDF (See page 8)**

Voices of Recovery

This daily reader contains inspirational quotations from OA literature and the experience, strength and hope of OA members. Pocket sized, softcover, indexed; 382 pages. **#986/\$11.00 each; #987/\$247.50 box of 25** (discount included)

NEW! Voices of Recovery Workbook

Deepen your recovery with this companion workbook for *Voices of Recovery*. Provides thought-provoking questions for each of the daily readings in the book; includes space on each page for writing answers. 212 pages, softcover. **#996/\$11. Also available as a PDF (see page 8)**

PAMPHLETS AND BOOKLETS

A Commitment to Abstinence

Suggests ways to reinforce your commitment to abstinence and develop a plan of eating. **#141/\$.40**

A Common Solution: Diversity and Recovery

OA members from all walks of life share their stories. Members in remote areas and those who are housebound found recovery through telephone meetings. Determined members overcame the challenges

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of starting OA meetings in non-English speaking countries. Members found homes in OA meetings despite their differences of age, health, sexuality and gender identity, and cultural or religious backgrounds.

#265/\$1.00

A Guide for Sponsors

Whether you are sponsoring for the first time or the twentieth time, this pamphlet offers guidance and support for the vital role you play. Answers questions on why, when and how to be a sponsor. Appendix lists "30 Questions to Ask Newcomers." **#200/\$.75**

A Plan of Eating: A Tool for Living – One Day at a Time

Learn how to use a personal plan of eating as a tool, evaluate your eating history, deal with binge foods and behaviors, and define a new way of eating. (*Note: This pamphlet does not provide specific plans.*)

#145/\$.50

A Program of Recovery

Updated with new 15 Questions. Pamphlet summarizes OA's Twelve-Step program, including 15 questions to help you determine if you are a compulsive eater. **#130/\$.20**

About OA

What is OA? How do members lose weight? Why is OA "anonymous"? How can I find meetings? Flyer answers these and other questions in an engaging summary. **#751K/\$4.00 pk. 20** (no discount)

Anonymity

OA's founder discusses the origins of the Eleventh and Twelfth Traditions and reviews anonymity as a spiritual principle. **#390/\$1.00**

Before You Take That First Compulsive Bite, Remember . . .

What can you do when confronted with the urge to overeat? Find the tools and inspiration you need with this pamphlet's suggestions. **#150/\$.20**

Black OA Members Share Their Experience, Strength and Hope

Black OA members, whether newcomers or longtimers, will find inspiration in these recovery stories. Also inspiring for anyone struggling with food issues and those who want to understand how someone from a different culture might feel coming into the program. **#285/\$.75**

Bulletin Board Attraction Sticky Notes

Spread the OA message with this 3-x-5-inch note for display or distribution. Fill in your meeting location and time. Adhesive strip allows you to stick them on most surfaces without leaving marks. **#440/\$1.50 pad of 25** (no discount)

Compulsive Overeating: An Inside View

"Our true insanity could be seen in the fact that we kept right on trying to find comfort in excess food, long after it began to cause us misery." Pamphlet looks inside the compulsive eater's mind. **#320/\$.25**

Dignity of Choice

This pamphlet provides guidance to both new and longtime OA members in devising their own plans of eating. It covers topics such as:

- The difference between a plan of eating and abstinence
- Having a choice of plans
- Reviewing our eating patterns

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- “Trigger” or “binge” foods
- Eating behaviors
- Structure and tolerance

The pamphlet also provides six sample plans of eating (reviewed and approved by a licensed dietitian) with which some OA members have had success. **#140/\$.75**

Fifteen Questions

Are you a compulsive eater? Answer the questions posed on this flyer to find out. Now updated to reflect the expanded definition of abstinence, it’s a great tool for public information events. **#755/\$.15**

Focus on Anorexia and Bulimia Packet

Includes selected stories from OA literature on the topic of anorexia and bulimia, as well as the pamphlet *OA Members Come in All Sizes*, #110; and the flyer *Many Symptoms, One Solution*, #106.

#725/\$2.00 (no discount)

Fourth-Step Inventory Guide

In-depth questions drawn from the OA “12&12” which will guide you through a Fourth-Step inventory based on specific character traits. **#491/\$4.50. Also available as PDF (See page 8)**

I Put My Hand in Yours

The “Red Book,” written by OA’s founder and first published in 1968 as a guide for OA groups, is considered the foundation of OA meetings. **#490/\$6.00**

I Put My Hand in Yours (wallet card)

Pocket-sized card contains the uplifting message first printed in 1968 in the book *I Put My Hand in Yours*. **#437K/\$1.75 pk. 20** (no discount)

If God Spoke To OA

A moving narrative that inspires OA members to reflect on how their experiences qualify them to help other compulsive eaters. **#180/\$.40**

Introducing OA to Health Care Professionals

Explains how OA complements professional care. Includes a questionnaire on eating behaviors. **#753/\$.15**

Introducing OA to the Clergy

Provides information about OA and a questionnaire to help people determine if they are compulsive eaters. **#780/\$.20**

Is Food a Problem for You?

Intended for use in libraries, doctors’ offices, public information campaigns, outreach events, and anywhere prospective OA members might see it. Includes the OA Twelve Steps, member testimonials, and general information about OA. Provides a space for writing in your group or intergroup’s contact information. **#750/\$.20**

Just For Today (wallet card)

Inspiring suggestions for living one day at a time, combined with the Twelve Steps and the Serenity Prayer, on a folded, pocket-sized card. **#410/\$.15**

Maintaining a Healthy Weight

Members discuss long-term maintenance and offer suggestions to OA members who have achieved a healthy weight. **#310/\$.60**

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Many Symptoms, One Solution

Our symptoms vary, but we share a common bond. This flyer shows new and potential OA members that even though compulsive eaters differ, all can find recovery in our program. **#106/\$.15**

Members in Relapse

Members share actions they took to recover from relapse, and how their fellow OA members helped them by practicing the Twelfth Step within the Fellowship. **#400/\$.50**

Membership Survey Report

Educate professionals about the effectiveness of OA; summarizes results of the 2010 survey of the Fellowship. **#102/\$.30**

New Group Starter Kit

Everything you need to begin an OA meeting: Newcomer Packet and Newcomer Welcome Coins, *Suggested Meeting Format*, *OA Handbook*, group registration form, sheets from Group Meeting Record Book, double copies of more than two-dozen pamphlets, *Lifeline* magazine, and suggestions for getting started. **#730/\$13.50** (no discount)

New Prospect Card

Invite potential members to your meeting with this business-size card. Space for a local OA phone number. **#450K/\$1.50 pk. 30** (no discount)

Newcomer Packet

Greet the newcomers in your meetings with materials to help them get started.

- *Packet includes the following:*
- *Dignity of Choice*, #140
- *A Plan of Eating*, #145
- *The Tools of Recovery*, #160
- *To the Newcomer*, #270
- *Questions and Answers*, #170
- *Many Symptoms, One Solution*, #106
- *Lifeline* trial subscription card

#710K/\$2.75 each (no discount) **#711K/\$25.00 pk. 10** (discount incl.)

Newcomer Meeting Leader's Kit

For groups that want to hold meetings for newcomers. Includes meeting guidelines, the *OA Handbook* and a selection of other OA literature. **#740/\$8.00** (no discount)

OA Handbook for Members, Groups and Service Bodies

Offers suggestions on how to start an OA group and keep it going, along with important information about service at the group, intergroup, service board, region and world service levels. Indexed.

#120/\$2.25

OA Members Come in All Sizes: Welcome, Whatever Your Problem With Food

OA members who came to the program not necessarily overweight, including anorexics and bulimics, share their unique challenges and stories of recovery. **#110/\$1.25**

One Day at a Time (wallet card)

Contains the inspiring "One Day at a Time" message on one side and the Serenity Prayer on the other. **#430K/\$2.50 pk. 30** (no discount)

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Pocket Reference for OA Members

Handy pocket-sized pamphlet includes reprints of classic OA readings for meetings or private reflection. Includes OA's preamble, "Our Invitation to You," and the Twelve Steps and Twelve Traditions. **#435/\$.30**

Professional Outreach Manual

Offers guidance on how to work in prisons, medical facilities, schools and other settings. Includes information on holding OA meetings in institutions. Three-hole punched and spiral bound. **#772/\$15.00** (no discount)

Professional Presentation Folder

Use at exhibits or to reach individual health care professionals. Contains the *Courier* newsletter for professionals, *Introducing OA to Health Care Professionals*, *Membership Survey Report*, *Compulsive Overeating: An Inside View*, and cover letter to the professional. 4" x 9" fits a standard envelope. **#870/\$2.25** (no discount)

Public Information Service Manual

Topics include speaking at non-OA events, working with the media and writing press releases. Includes materials to use at OA events. Spiral bound. **#762/\$15.00** (no discount)

Questions and Answers

This 16-page booklet answers questions and offers definitions about everything newcomers, members, professionals and the general public might want to know about OA. **#170/\$.85**

Recovery Checklist

Questions help you evaluate your recovery and alert you to subtle changes in actions and attitudes that could hamper your program. Also helpful to members in relapse. **#105/\$.20**

Service, Traditions and Concepts Workshop Manual

Provides guidance on preparations and scheduling; workshop formats; and commonly asked questions about service, Traditions and Concepts. Includes transparency masters and script for presentations. Three-hole punched to fit a binder (not included). **#773/\$12.00** (no discount)

Seventh Tradition of OA

Details the recovery services supported by the Seventh Tradition. Includes information about how OA's finances are managed, a description of OA's structure and suggestions on how to financially support your Fellowship. **#802/Free***

Sponsorship Kit

Packet of inspiring and helpful information for sponsors includes:

- *The Tools of Recovery*, #160
- *A Guide for Sponsors*, #200
- *Sponsoring Through the Twelve Steps*, #220
- Excerpts from *Lifeline* magazine featuring stories about sponsorship
- "Working with Others" article from *A Step Ahead*.

#210/\$2.25 (no discount)

Sponsoring Through the Twelve Steps

Offers experience, strength and hope for sponsors who are guiding their sponsees through the Twelve Steps of Overeaters Anonymous. Includes recommended readings and thought-provoking questions.

#220/\$.75

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Think First

When the compulsive urge strikes, instead of food, turn to this pocket-sized reminder for a quick and potent list of OA's alternatives. **#109/\$.20**

To Parents and Concerned Adults

Many OA members were under 18 when they began having problems with food. This flyer raises adult awareness about young people's eating behaviors. **#250/\$.30**

To the Family of the Compulsive Eater

Describes the disease of compulsive eating and changes in behavior or relationships that family members might experience. **#240/\$.25**

To the Man Who Wants to Stop Compulsive Overeating, Welcome

Pamphlet encourages male OA members with personal recovery stories by men in OA. **#290/\$.50**

To the Newcomer

Focuses on miracles of the OA program. Includes the 15 Questions and a section describing the importance of meetings. In-depth discussions on compulsive eating, the Steps, spirituality, a plan of eating and fellowship. **#270/\$.40**

To the Teen

Covers a broad range of disease manifestations, including anorexia, bulimia and overeating, in recovery stories written by teenage OA members. Questionnaire helps teens decide if they have a problem with food. **#280/\$.60**

To the Teen Questionnaire

Handy flyer with 14 questions for teens to help them answer the question, "Are you a compulsive eater?" Also includes space to fill in meeting information. **#756/\$.15**

Tools of Recovery

Find indispensable guidance on using the OA program's nine tools: a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity, and service. **#160/\$.45**

Twelfth-Step-Within Handbook

A must for every group and service body! Focuses on ways to help OA members who still suffer. Includes meeting, retreat and workshop formats; skit and promotional flyer; reading and writing tool; "Recovery Insurance Policy" for support and accountability. **#485/\$7.00**

Twelve Concepts of OA Service

Helps OA members apply the Steps and Traditions in their service work. The Concepts, as explained in this pamphlet, define and guide the practices of the service structures that conduct the business of OA. **#330/\$1.00**

Twelve Traditions of Overeaters Anonymous

What are the Traditions, and why are they important? This explanation guides members and groups who want to put OA principles into practice. **#230/\$1.00**

Welcome Back

Offers inspiration and guidance for those who are returning after relapse. Covers topics of "Fear and Denial," "Powerlessness vs. Responsibility," and "The Myth of Perfection." **#190/\$.20**

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Welcome Back, We Care! Packet

Whether you are in relapse or think you or another member may be headed there, this kit provides tools to help you get back on track. Includes: *Welcome Back*, #190; *Just for Today*, #410; *Think First*, #109; *Commitment to Abstinence*, #141; *The Tools of Recovery*, #160; *Dignity of Choice*, #140; *Recovery Checklist*, #105; "Slipping and Sliding: A Reading and Writing Tool"; *Lifeline* trial subscription card. **#721K/\$2.50** (no discount)

What If I Don't Believe in "God"?

Atheist and agnostic OA members share their insights into the program and tell how they found recovery and strength in the Twelve Steps. **#195/\$.60**

Young Person's Packet

A great way to reach young people and their parents or family members. Kit includes a cover letter, a selection of *Lifeline* stories related to young people, and the pamphlets *To the Teen, A Plan of Eating, To Parents and Concerned Adults and Many Symptoms, One Solution*. **#735 \$2.25**

DIGITAL PRODUCTS

NEW! For Today Workbook

Gain new insights by using the tool of writing as you reflect on the daily readings in *For Today*. This accompanying workbook provides thought-provoking questions for each day in the book. Electronic file gives unlimited space to answer the questions; file can be saved and reopened for future changes. **\$7.50**

Fourth-Step Inventory Guide

In-depth questions drawn from the OA "12&12" will guide you through a Fourth-Step inventory based on specific character traits. Electronic file gives unlimited space to answer the questions; file can be saved and reopened for future changes. **\$3.00**

Twelve Steps and Twelve Traditions of OA – Downloadable MP3

Listen to OA's basic text while driving or during physical activities. MP3 Format. No discount. Please note that the file is a ZIP file- may not be compatible with iPads or other mobile devices without a separate application. **\$15.00**

Twelve-Step Workbook of Overeaters Anonymous

Thought-provoking questions drawn from and page-referenced to *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*. Electronic file gives unlimited space to answer the questions; file can be saved and reopened for future changes. **\$7.50**

Voices of Recovery e-Workbook

This e-workbook provides thought-provoking questions for each of the daily readings in *Voices of Recovery*. When answering these questions, it will be helpful to refer to either a printed copy or an e-reader copy of *Voices of Recovery*. **#986V/\$7.50**

PERIODICALS

A Step Ahead

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A Step Ahead is the official newsletter of Overeaters Anonymous. It contains current information about OA events, board actions, World Service Business Conference decisions, new OA-approved literature, World Service Office actions and important dates.

A Step Ahead is published quarterly in January, April, July and October. To download a PDF, go to www.oa.org.

Some members of OA do not own computers, so it is very important that groups receive a copy of the newsletter. Group secretaries should print out the PDF version of *A Step Ahead* and circulate it in their OA meetings.

Lifeline Subscription

Subscribe to OA's magazine published 10 months a year featuring recovery stories written by OA members for OA members. Subscribe online at www.oa.org. US and US possessions: **\$23/year; \$44/2 years; \$63/3 years**. Other countries: check the chart on your order form for prices.

Lifeline Back Issues

Please specify issues desired. **#820C/\$3.00**

Lifeline Writers' Guidelines

Topic ideas and answers to questions and concerns about sending in stories and letters. **#821/Free***

Lifeline Rep Kit

Give service, meet fellow members and earn bonus literature for your group by selling *Lifeline* subscriptions. Contact the WSO or email addarep@oa.org for more information.

e-Lifeline

Includes access to online magazine on OA's Web site, plus 12 months of archives. Also includes *Lifeline Weekly*, a short, weekly inspiring email. Subscribe at www.oa.org. **\$13.00**

The Courier

The *Courier* is OA's annual newsletter directed to hospitals, institutions, professionals and the military. You may order copies of the 2014 *Courier* for distribution in your area. Through the *Courier*, your intergroup carries OA's message to these institutions and professionals, making them aware of the existence of Overeaters Anonymous and of the recovery program it can offer to their clients, members and patients. **#752/\$.20**

AUDIOVISUAL

OA—It Works

This 16-minute dramatization from 1985 shows how a young, overweight mother finds her first OA meeting. Great for public information events. **DVD #648/\$5.00** (no discount)

Start Living the Life You Deserve: Radio Public Service Announcement (PSA)

Carry the OA message through your local radio stations with this PSA. Contains 60-, 30- and 15-second spots. Includes eye-catching packaging, script and cover letter to stations. **CD #620/\$15.00** (no discount)

The Twelve Steps and Twelve Traditions of Overeaters Anonymous

Listen to OA's basic text while driving or doing physical activities. **CD #696/\$15.00** (no discount)
MP3 #697/\$15.00 (no discount)

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RECOVERY COINS

Anniversary Medallions

Mark annual milestones of your OA journey with medallions engraved from 1-20, 25, 30, 35 and 40. 1-5/16" in diameter and engraved with milestone year, OA logo, and "One Day at a Time" on one side.

Years 2-4, 6-9, 11-14 and 16-19: OA promise on reverse, bright silver-colored finish.

Years 1, 5, 10, 15, 20, 25, 30, 35 and 40: "Keep Coming Back!" engraved on reverse, bright bronze finish.

• **NiCodium**—item numbers correspond to year **#4802, #4803, #4804, #4806, #4807, #4808, #4809, #4811, #4812, #4813, #4814, #4816, #4817, #4818, #4819/\$2.00 each** (no discount)

• **Bronze**—item numbers correspond to year **#4801, #4805, #4810, #4815, #4820, #4825, #4830, #4835, #4840/\$2.00 each** (no discount)

Milestone Recovery Coins

Acknowledge important first milestones. "One Day at a Time" on one side and milestone on the other. 1-1/4" diameter, aluminum, variety of colors.

• **30 days—Red**

#552/\$.60 (no discount)

#552K/\$14.00 pk. 25 (discount included)

• **60 days—Blue**

#553/\$.60 (no discount)

#553K/\$14.00 pk. 25 (discount included)

• **90 days—Green**

#554/\$.60 (no discount)

#554K/\$14.00 pk. 25 (discount included)

• **6 months—Copper**

#555/\$.60 (no discount)

#555K/\$14.00 pk. 25 (discount included)

• **9 months—Purple**

#556/\$.60 (no discount)

#556K/\$14.00 pk. 25 (discount included)

Newcomer Welcome Coins

OA logo, "Welcome" and part of the first sentence of the OA promise "I Put My Hand in Yours" on one side; continues on the other. 1" diameter, aluminum. **#560/\$.30** (no discount) **#560K/\$6.25 pk. 25** (discount included)

Recovery Medallion

Mark special occasions with this nickel-silver medallion with antiqued finish. "Overeaters Anonymous" on one side and the Serenity Prayer on the other; space to engrave length of abstinence or OA birthday.

1-1/2" diameter. **#480/\$3.00** (no discount)

Serenity Prayer Coin

OA logo and "One Day at a Time" on one side and the Serenity Prayer on the reverse. 1-1/4" diameter, aluminum. **#470/\$.30** (no discount) **#470K/\$6.25 pk. 25** (discount included)

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LITERATURA EN ESPAÑOL

Libros

Abstincencia 2nd Edición

¡Uno de los libros más populares de OA, actualizado y aumentado en un 50 por ciento de historias nuevas! Estos artículos escritos por miembros están sacados de Lifeline, la revista internacional de recuperación de OA. Encuentra ayuda, apoyo, y guía para conseguir y mantener la abstinencia. Rústica, 192 páginas. \$11.00

Alcohólicos Anónimos (el Libro Grande)

Pide el texto clásico de AA junto con tu literatura de OA. El Libro Grande de AA esboza los principios de la recuperación de los Doce Pasos y cuenta las historias de aquellos que encontraron la recuperación practicándolos. #1000S/\$11.00 (no discount)

Los Doce Pasos y las Doce Tradiciones de Overeaters Anonymous

Este trabajo exhaustivo ofrece una exploración detallada y emotiva de cómo los Doce Pasos y Doce Tradiciones de OA ayudan a los miembros a recuperarse y cómo esta hermandad funciona como un todo. Las preguntas al final de las Tradiciones están destinadas a ayudar a fortalecer nuestras reuniones. Edición de bolsillo. #990S/\$13.50

Sólo por Hoy

Ofrece afirmaciones y lecturas inspiradoras y provocadoras para cada día del año, escritas especialmente para miembros de Comedores Compulsivos Anónimos (OA). Tamaño de bolsillo, tapa blanda, con índice incluido. 392 páginas #984S/\$11.00 (no discount)

Libro en PDF

El Libro de Trabajo de los Doce Pasos de Comedores Compulsivos Anónimos (OA)

Preguntas motivadoras sacadas de Los Doce Pasos y Doce Tradiciones de Comedores Compulsivos Anónimos y con referencias a las páginas del libro. Esta publicación electrónica es un PDF descargable que facilita un espacio ilimitado para responder a las preguntas; el archivo se puede guardar y volver a abrir para posibles cambios futuros. Funciona mejor en un ordenador PC o Mac con Adobe Reader (Versión 7.0 y posterior). #992SV/\$7.50. Para comprarlo, ir a bookstore.oa.org.

Folleto

Al Adolescente

Cubre una gran franja de las manifestaciones de la enfermedad, incluyendo la anorexia, bulimia y compulsión por el exceso de comida, en historias de recuperación escritas por miembros adolescentes de OA. El cuestionario les ayuda a decidir si tienen algún problema con la comida. #280S/\$0.60

A la Familia del Comedor Compulsivo

Describe la enfermedad de la compulsión por la comida y los cambios en la conducta o en las relaciones que los miembros de la familia pueden experimentar. #240S/\$.25 (no discount)

Al Recién Llegado

El folleto se centra en los milagros a nuestro alcance si seguimos el programa de OA. Incluye las 15

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preguntas y un estudio en profundidad sobre la compulsión por la comida, los Pasos, la espiritualidad, un plan de comidas, y la hermandad. Una lectura obligada para los recién llegados y para cualquiera que desee recargar su programa. **#270S/\$.40** (no discount)

Antes de Tomar Ese Primer Bocado Compulsivo, Recuerda . . .

¿Qué puedes hacer cuando te enfrentas a la urgencia de comer? Encuentra las herramientas y la inspiración que necesitas con las sugerencias de este folleto. **#150S/\$.20** (no discount)

Apadrinando con los Doce Pasos

Ofrece experiencia, fortaleza y esperanza para los padrinos que están guiando a sus ahijados a través de los Doce Pasos de Comedores Compulsivos Anónimos (OA). Incluye lecturas recomendadas y preguntas motivadoras. **#220S/\$.75** (no discount)

Damos la Bienvenida Al Hombre Que Desea Dejar de Comer En Exceso Compulsivamente

El folleto anima a los miembros masculinos de OA con historias personales de hombres en OA. **#290S/\$.50** (no discount)

Dignidad de Elegir

Cuatro años de trabajo, este último folleto de OA facilita tanto a los miembros nuevos como a los veteranos una guía para desarrollar sus propios planes de comidas. Incluye temas como:

- Diferencia entre un plan de comidas y abstinencia
- Planes para elegir
- Reexaminar nuestros hábitos alimenticios
- Nuestros alimentos “disparadores” o “compulsivos”
- Nuestro comportamiento en lo que se refiere a la comida
- Estructura y tolerancia

El folleto contiene también seis ejemplos de planes de comidas (revisados y aprobados por una dietista titulada) con los que algunos miembros de OA han tenido éxito. **#140S/\$.75** (no discount)

Guía para el Inventario del Cuarto Paso

Preguntas profundas sacadas de Los Doce Pasos y Doce Tradiciones de Comedores Compulsivos Anónimos (OA) que te guiarán a través de un inventario del Cuarto Paso basado en defectos de carácter específicos. **#491SS/\$4.50** (no discount)

Kit de Folletos en Español

Incluye los 20 folletos. **#860K/\$12.00** (discount included)

Las Herramientas de Recuperación

Encuentra una guía indispensable usando las nueve herramientas del programa: plan de comidas, apadrinamiento, reuniones, teléfono, escribir, literatura, plan de acción, anonimato y servicio. **#160S/\$.45** (no discount)

Lista de Recuperación

Las preguntas te ayudan a evaluar tu recuperación y a prevenirte contra los sutiles cambios en acciones y actitudes que podrían estorbar tu recuperación. También útil para miembros en recaída. **#105S/\$.20** (no discount)

Los Miembros de OA Vienen en Todos los Tamaños

Los miembros de OA que llegan al programa no necesariamente con exceso de peso, incluyendo

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anoréxicos y bulímicos, comparten sus retos especiales e historias de recuperación. **#110S/\$1.25** (no discount)

Mantener un Peso Saludable

Miembros hablan sobre la abstinencia duradera y ofrecen sugerencias a los miembros de OA que ya han logrado un peso saludable. **#310S/\$.75** (no discount)

Muchos Síntomas, Una Solución

Nuestros síntomas varían, pero compartimos un lazo común. Este folleto muestra a los miembros nuevos y a los miembros potenciales de OA que, aunque los comedores compulsivos son diferentes, todos pueden encontrar recuperación en nuestro programa. **#106S/\$.15** (no disc.)

Preguntas y Respuestas

Este folleto responde preguntas y ofrece definiciones sobre todo lo que recién llegados, miembros, profesionales y el público en general desearían saber acerca de OA. **#170S/\$.85** (no discount)

Quince Preguntas

¿Eres un comedor compulsivo? Responde a las preguntas en este folleto para descubrirlo. Es una gran herramienta para utilizar en eventos de información pública. **#755S/\$.15** (no discount)

Sobre OA

¿Qué es OA? ¿Cómo pierden peso los miembros? ¿Por qué OA es anónimo? ¿Cómo puedo encontrar las reuniones? El folleto responde a éstas y otras preguntas en un atractivo resumen. **#751S/\$.20** (no discount)

Un Compromiso a la Abstinencia

Sugiere formas de reforzar tu compromiso a la abstinencia y de desarrollar un plan de comidas. **#141S/\$.40** (no discount)

Un Plan de Comidas

Aprende cómo utilizar tu plan de comidas personal como una herramienta, evaluar tu historia con la comida, tratar con tus alimentos compulsivos y definir una nueva forma de comer. **(Nota: este folleto no ofrece planes específicos.) #145S/\$.50** (no discount)

Una Guía para Padrinos

¿Cuándo y cómo te conviertes en padrino/madrina? ¿Cuáles son los diferentes tipos de apadrinamiento? ¿Qué debes hacer si resbalas o recaes? Describe los muchos aspectos del apadrinamiento. **#200S/\$.75** (no discount)