

OA GUIDELINES



OA-Approved Literature List

■ Policy Statement on OA-/AA-approved literature adopted by Conference 2010

“In accordance with our Traditions, we suggest that OA groups maintain unity and honor our Traditions by selling and displaying only approved books and pamphlets at their meetings. This includes OA Conference- and board-approved literature; AA Conference-approved literature; and locally produced OA literature. Locally produced literature must be developed according to the *OA Guidelines for Locally Produced Literature*, and should be used with the greatest discretion. Local literature should be considered temporary and discontinued when OA literature approved for general use is available to cover the topic.”

■ Policy statement on literature that is not OA-approved adopted by Conference 1993

“It is the group conscience of the 1993 World Service Business Conference that the sale or display of literature other than OA-approved literature as described in WSBC Policy 1982b [replaced by WSBC Policy 2010a above] is an implied endorsement of outside enterprises, and therefore is in violation with Tradition Six.”

■ OA Conference-approved literature and material

This literature has been reviewed according to the procedures for granting the Conference Seal of Approval, and the Conference has agreed that the material has broad application to the Fellowship as a whole.

Books: *Beyond Our Wildest Dreams; For Today; Overeaters Anonymous, Second Edition; The Twelve Steps and Twelve Traditions of Overeaters Anonymous; Voices of Recovery*

Pamphlets and other materials

A Commitment to Abstinence

A Common Solution: Diversity and Recovery

A Guide for Sponsors

A Plan of Eating

A Program of Recovery

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

Black OA Members Share Their Experience, Strength and Hope

Dignity of Choice: Sample Plans of Eating

If God Spoke to OA

Just for Today

Maintaining a Healthy Weight

Many Symptoms, One Solution

Members in Relapse

OA Handbook for Members, Groups and Service Bodies

OA Members Come in All Sizes: Welcome, Whatever Your

Problem with Food

Person to Person

Pocket Reference for OA Members

Questions and Answers

Recovery Checklist

Responsibility Pledge

Sponsoring Through the Twelve Steps

The Tools of Recovery

The Twelve Traditions of Overeaters Anonymous

Think First

To the Family of the Compulsive eater

To the Man Who Wants to Stop Compulsive Overeating, Welcome

To the Newcomer

To the Teen (pamphlet)

Treatment and Beyond

Welcome Back

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

The following Conference-approved publications have been discontinued in print, but can be downloaded from the OA Web site at www.oa.org/docs.php:

OA Cares (flyer)

OA Is Not a Diet Club

The Twelve Steps and Twelve Traditions of OA: A Kid's View

Together We Can--Keep Coming Back: Membership Retention

To the Compulsive Overeater in the Military

(over)

■ OA Board-approved literature and material

This literature emanates from board or Conference committee and has received Board of Trustees approval.

Books: *Abstinence, A New Beginning, Lifeline Sampler, The Twelve-Step Workbook of Overeaters Anonymous, Seeking the Spiritual Path*

Pamphlets and other materials

Anonymity

Archives

Focus on Anorexia and Bulimia Packet

Fourth-Step Inventory Guide

I Put My Hand in Yours book (archival interest only)

I Put My Hand in Yours pocket card

Is Food a Problem for You?

Meeting Formats

Milestone Recovery Coins

Newcomer Meeting Leader's Kit

New Group Starter Kit

OA Guidelines

"*One Day at a Time*" (wallet card)

Our Invitation to You (condensed reprint)

Sample Intergroup Bylaws

Service, Traditions and Concepts Manual

Twelfth-Step-Within Handbook

Public Information Materials

About OA (flyer)

Bulletin Board Attraction Card

Compulsive Overeating: An Inside View

Fifteen Questions (flyer)

Introducing OA to Health Care Professionals

Introducing OA to the Clergy

"*Many Symptoms, The OA Solution*" (TV PSA)

New-Prospect Card

Professional Outreach Manual

Professional Presentation Folder

Public Information Service Manual

Recovery from Relapse Packet

Seventh Tradition of OA

"*Start Living the Life You Deserve*" (radio PSA)

To Parents and Concerned Adults (flyer)

To the Teen (flyer)

Periodicals

Lifeline (subscription magazine)

A Step Ahead (quarterly newsletter)

Courier (annual newsletter)

Audiovisual

"*And Now a Word from Our Cofounder . . .*"

Hearing Is Believing: OA Members Speak . . .

OA-It Works

The Twelve Steps and Twelve Traditions of Overeaters Anonymous

When to Say When

(FOR A COMPLETE LIST OF ALL OA-APPROVED ITEMS, SEE THE ONLINE CATALOG
AT bookstore.oa.org OR CALL THE WSO TO RECEIVE A PRINTED CATALOG)

■ AA Conference-approved literature

Some books and booklets are listed here. A list of other AA Conference-approved material is available from the General Service Office of Alcoholics Anonymous.

AA Comes of Age

Alcoholics Anonymous (Big Book)

As Bill Sees It

Come to Believe

Daily Reflections

Dr. Bob and the Good Oldtimers

Living Sober

Pass It On

The AA Service Manual/Twelve Concepts for World Service

Twelve Steps and Twelve Traditions

OA Board-Approved

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