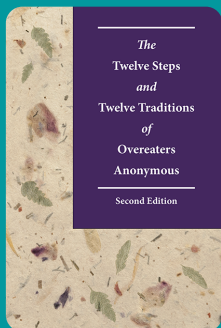




OA Approved Literature List

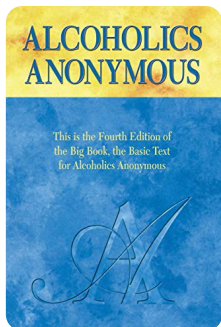
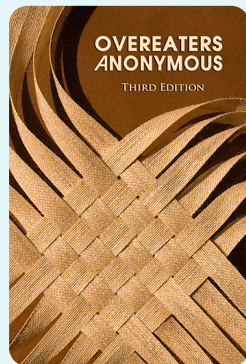
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Purchase or find out more about these publications by clicking on the books or highlighted items below.



OA's keystone book - *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, second edition, was created specifically as a study of the OA Twelve Step recovery program. This book, and the two below, are great foundational books as you start your recovery journal. Additional literature is suggested on the following page.

OA's third edition of *Overeaters Anonymous* includes 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.



Overeaters Anonymous is based upon the work of *Alcoholics Anonymous*, referred to in the rooms of recovery as the "Big Book." We highly recommend you use this resource, substituting the words "food" and "compulsive eater" for "alcohol" and "alcoholic." If you are a compulsive eater, you'll find the Big Book applies to you.

More Literature Available



OA Pamphlets

You'll find dozens of helpful pamphlets **here** that cover every step of your recovery journey.

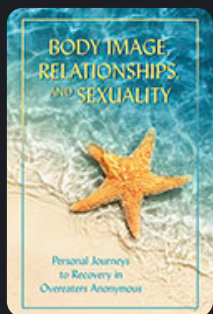
Newcomer Literature

Find suggested literature for newcomers [here](#).



Recovery Books

More than 15 books can be found [here](#), all covering OA's program, principles, tools, and stories of recovering compulsive eaters.



More Resources

Find audio recordings and digital downloads [here](#).

And don't forget to regularly check oanova.org for events, meetings, news, and other resources.

