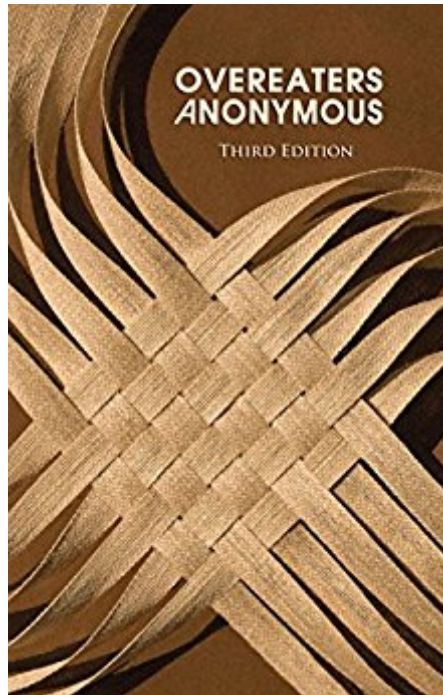




The book was found

Overeaters Anonymous, Third Edition



Synopsis

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 Foreword by an eating-disorder treatment professional.

Book Information

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Diets & Weight Loss > Diets > Weight Maintenance

Customer Reviews

I didn't know what addiction meant until I read this book since, while I can't say no to food, I still believe in free will! While I haven't gotten my eating habits under control yet, this book surely planted a bunch of inspirational seeds in my head to do so! I long to "celebrate [food] sobriety" for 90 days! What I liked about this book the most was: it's a book filled with testimony! So I'm sure that

every reader will find a connection to this book.

This is a very helpful/valuable piece of literature for anyone who has or knows someone who has an eating disorder. So very much in the book that I could relate to on a personal level. It's a relief to know that I am not the only person who has a tendency to treat food as something more than nourishment and to abuse my relationship with food.

Being a sober alcoholic for over forty six years my weight has made my blood sugar and pressure to be too high. This book showed me that I have a problem just like many of the folks' testimonies. I would recommend this to my friends.

Nice that it is a download and good info...but don't like that there are no page numbers. Hard to find my place

Very eye opening and I found it supportive of the benefits of joining OA and continuing to attend the meeting every week

What can you say about a Book that saves lives? I have the honor to own all 3 books....and the years that went with them.

I've never read anything I identified with more. In all of these stories I saw a little of myself. In some of these stories I saw a lot of myself

I can't go to OA meetings much any more so I really love having this book at home to read when I start craving sweets and want to hop into the car at 12:00 midnight to go buy some sweets so I can stuff myself until my stomach hurts

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Awakening, Pineal Gland Activation, Opening the Third Eye) Food for Thought: Daily Meditations for Overeaters (Hazelden Meditations) The Rules of "Normal" Eating: A Commonsense Approach for Dieters, Overeaters, Undereaters, Emotional Eaters, and Everyone in Between! The Rules of "Normal" Eating: A Commonsense Approach for Dieters, Overeaters, Undereaters, Emotional Eaters, and Everyone in Between! (Learn Every Day) Alcoholics Anonymous: The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism/Third Edition Alcoholics Anonymous, 4th Edition Sex Addicts Anonymous: 3rd Edition Conference Approved Alcoholics Anonymous Deluxe Edition Alcoholics Anonymous: The Original Text of the Life-Changing Landmark, Deluxe Edition Nicotine Anonymous: The Book - Fifth Edition Alcoholics Anonymous Big Book (2nd Edition): The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism Narcotics Anonymous Collection: Basic Text, Sixth Edition; It Works - How and Why; and Just For Today, Revised Alcoholics Anonymous (Pocket edition) Anonymous Security Systems and Applications: Requirements and Solutions

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