

Overeaters Anonymous Third Edition

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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 ...

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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.

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Book Description Publication Date: September 30, 2014 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 ...

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Overeaters Anonymous, Third Edition - Kindle edition by ...

Overeaters Anonymous (OA) is a community of people who support each other in order to recover from compulsive eating and food behaviors. We welcome everyone who feels they have a problem with food. Get to know more about us. Get in touch. 6075 Zenith Court NE PO Box 44727 Rio Rancho, NM 87174-4727 USA

Home - Overeaters Anonymous

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