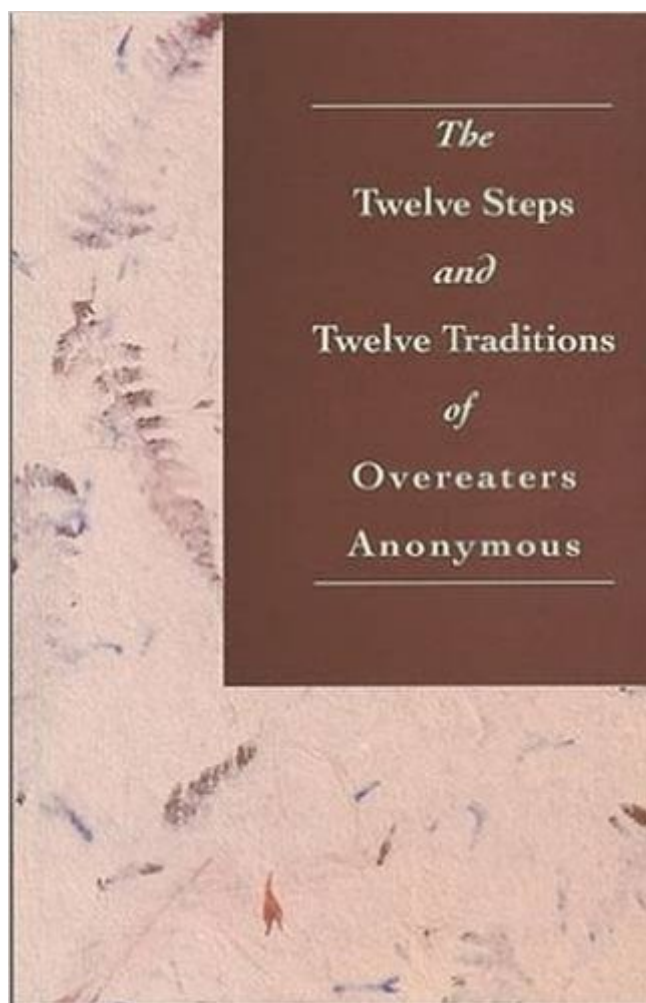


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# The Twelve Steps And Twelve Traditions Of Overeaters Anonymous



## Synopsis

Provides a detailed explanation of the principles of Overeaters Anonymous and serves as a guide for those of us living the program of OA who want to spread the message of recovery to others.

## Book Information

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (64 customer reviews)

Best Sellers Rank: #23,189 in Books (See Top 100 in Books) #21 in [Books > Health, Fitness & Dieting > Mental Health > Eating Disorders](#) #30 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Drug Dependency](#) #49 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs](#)

## Customer Reviews

Before the image of an OA meeting being filled with obese people fills your mind ... think again. An overeater can be anyone ... fashion model ... successful accountant in a size 8 ... fitness trainer ... midly plump dental assistant ... anyone. The causes and reasons are different. Overeating is not a lack of willpower but an emotional relationship to food that has someone not know when to stop. Eating is natural, overeating needs to be addressed so as to protect our very health. This wonderful "bible" for Overeaters Anonymous helps those in recovery work their healing one day at a time. Whether at a meeting, or in a personal inventory, or in working with a sponsor ... this contains elements of surrendering our will power to a higher power. Whether you believe in God or not, the notion of not having to do this alone is a welcome relief for many caught in a vicious circle of emotional medication through misuse of food. The concept of a higher power enables someone to be open to group support and feel the possibility of living a healthier way. This book is a program that is not a quick fix, a diet, or anykind of body makeover technique. What it provides is a way of thinking and living that addresses the root of using food as a drug.

Not much else to say, but that I use this book on a regular basis and consider it fundamental to my

recovery from compulsive overeating. It's a challenging book and seems to grow in meaning as I grow in understanding!

I first got this book from my local library 6 years ago and discovered to my shock and relief that 1) other people had done and thought the same crazy things with and about food that I did and, 2) that I was sick, not stupid/selfish/lazy. A few weeks later I screwed up the courage to attend my first OA meeting and have been reading this book, following the 12-steps and attending OA meetings for 6 years. For five years I have maintained a 60 pound weight loss (and million pound shame and sadness loss). Freedom from food addiction saved my life (I was suicidal), my marriage (like all addicts, I was impossible to live with), and my relationships with my children (I was extremely dysfunctional, for eg yelling at my crying preschoolers for not hiding their candy better!) I have bought multiple copies since then so I always have one handy to read or pass on.

The 12 steps of Overeaters Anonymous is a book that teaches you to live your life today what ever your size is. Overeaters can be the slim ones as well as the ones with overweight, they suffer the same way! It is not what you are eating it is what is eating you. After walking the steps with a sponsor I am now free of this sick compulsion. I read this book all the time and go to meetings. You can find your meeting at [...] It works if you work it Anonymous in Iceland

This is an excellent book for people who are addicted to compulsive eating. If you use the principles of OA in your daily lives, you will be able to stop eating compulsively and lose the excess weight.

This is a great book that thoroughly explains the Twelve Steps of the Overeaters Anonymous Program. Some steps are easy. Some may be the hardest things you've ever done. But each step is presented with the reasons why it is necessary, the part it plays in the healing process, and suggestions to help you accomplish it. The book also stresses the importance of the strength you draw from other members of your group and from your sponsor. A must read for members of Overeaters Anonymous or for those thinking of joining.

This book is the OA counterpart to the Alcoholics Anonymous "12 & 12". It offers a series of chapters explaining each of the 12 steps and 12 traditions as they can be applied to recovery from an eating disorder. Their description of many of our problems and the solution outlined by OA is superb. This book has a few flaws, however, which are probably reflections of weaknesses in the OA

program in general. First, it is unfortunately overcommitted to an addiction model of eating disorders, which has since been challenged by the scientific community. Psychologists now know that eating disorders differ significantly from classic addictions like alcoholism. Their incorrect etiology leads them to endorse several ideas that I think are very harmful to recovery from eating disorders, such as:- The idea of "trigger foods" (the idea that there are certain "toxic" foods that make you compulsively overeat). This is patently absurd; it simply encourages people to have "forbidden foods," which is a known eating disorder behavior, at the expense of actual recovery.- It encourages an "all-or-nothing" view of recovery (either you're abstinent or you're not); this tends to encourage the perfectionism and all-or-nothing thinking that is all too common in eating disorders.- It promotes the idea that full recovery from an eating disorder is impossible, which is absolutely false. Second, issues like distorted body image and preoccupation with weight and shape, which are very significant causes of eating disorders, get too little coverage. Overall, this is a very good book to read if you're recovering from an eating disorder, especially using a 12 Step model; however, keep in mind that their etiology is wrong, so read it with a grain of salt.

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