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## **Oa Big Book**

If you are interested in how the Big Book of Alcoholics Anonymous might help in your journey through Overeaters Anonymous, please click on the image to the left. This will take you to a page which contains documents as well as links to podcasts which might be helpful to you in your journey. This page is not affiliated with Overeaters Anonymous.

## **OA Big Book**

The documents represent the views of a

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number of Overeaters Anonymous (OA) members who use the Big Book as a set of directions for working the Twelve Steps. The Step 4 forms and the Step 11 form were originally produced by Blaine D. of Winnipeg, Canada, who has graciously consented to their use; they have been slightly modified.

## **Basic Page - oabigbook.info**

Compulsive eating is an illness of the body and mind, but there is a solution. By working the 12 steps precisely as outlined in the Big Book of Alcoholics Anonymous, we have found a way to live sober from our compulsive eating with a happiness and freedom that we had never imagined possible. JOIN A PHONE MEETING Phone and Face-to-Face Meetings

## **OABBSG - OA Big Book Solution Group**

The Big Book OA stands for the proposition that the Twelve Steps give us freedom from the bondage of food. If

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the steps aren't working for you, then maybe you're not working the steps in a way that works for you. It might therefore be worth it to try the approach to the steps used in this step study, based on the Big Book.

## **CONTENTS**

This is an updated version (January 2014) of the popular OA Big Book study guide written by Lawrie C. It is reproduced (printed and bound) and offered for sale under the author's terms as a service to OA members.

## **OA Big Book Study Guide by Lawrie C. - Goodreads**

For questions or more information contact [oabbsg@gmail.com](mailto:oabbsg@gmail.com) ... [Google Sites](#)

## **OABBSG - Meetings**

Overeaters Anonymous, Inc. PO BOX  
44727 Rio Rancho, New Mexico  
87174-4727 USA 505-891-2664  
505-891-4320 fax Customer Service

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## **Overeaters Anonymous, Inc.**

Home Read the Big Book and Twelve Steps and Twelve Traditions Alcoholics Anonymous Alcoholics Anonymous This is the Fourth Edition of the Big Book, the basic text for Alcoholics Anonymous.

## **Alcoholics Anonymous : Alcoholics Anonymous**

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

## **Document Library - Overeaters Anonymous**

— OA's Newcomer Pamphlet About us  
Overeaters Anonymous (OA) is a community of people who support each other in order to recover from

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compulsive eating and food behaviors.

## **Home - Overeaters Anonymous**

This book is sold at cost of sale on Amazon for the benefit of OA members who want a print copy of the popular Big Book study by Lawrie C. Unauthorized reproduction of this book for sale is a violation of copyright law and sale at a price greater than cost is a violation of the author's terms of copyright.

## **OA Big Book Study Guide: For Compulsive Overeaters by ...**

Lawrie C. presenting an Overeaters Anonymous Big Book Study (How OA members use the AA Big Book) Lawrie C. 4.6 out of 5 stars 7. Audio CD. \$29.99. The Twelve Steps and Twelve Traditions of Overeaters Anonymous Second Edition Overeater Anonymous. 4.9 out of 5 stars 65.

## **An AA Big Book Study Guide for Compulsive Overeaters: C ...**

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Chaya P., a grateful recovered Compulsive Overeater and Bulimic with over 25 years of recovery, led a recovery packed Big Book workshop covering Steps 1, 2 & 3. The workshop used the program of action found in OA's and AA's basic text, Alcoholics Anonymous, fondly known as "The Big Book."

## **Big Book Workshop: Steps 1-3 : Overeaters Anonymous ...**

OA\_BIG\_BOOK\_NYC Overeaters

Anonymous offers a program of recovery from compulsive eating using the Twelve Steps and Twelve Traditions of OA.

Worldwide meetings and other tools provide a fellowship of experience, strength and hope where members respect one another's anonymity.

## **OA\_BIG\_BOOK\_NYC - Overeaters Anonymous® for New York City**

OA BIG BOOK CHERRY HILL NJ Kim Grike  
Spirituality 4.7 • 23 Ratings; Listen on  
Apple Podcasts. Overeaters Anonymous

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meeting studying the Big Book of Alcoholics Anonymous. Listen on Apple Podcasts. 27 SEP 2020; 09/27/20 - Pia D - Philadelphia, PA "More About Alcoholism" Part 1 09/27/20 - Pia D - Philadelphia, PA "More About Alcoholism" Part 1 ...

## **OA BIG BOOK CHERRY HILL NJ on Apple Podcasts**

A Big Book Checklist of Promises (What step are you on?) Steps One and Two: Is it clear to me that I am a compulsive overeater and cannot manage my own life? Is it clear that no human power can relieve my compulsive overeating? Is it clear that God can and will relieve my compulsive overeating if I seek God? After Step Three:

## **A Big Book Checklist of Promises (What step are you on?)**

We are individuals recovering from compulsive overeating through the 12 Steps of Overeaters Anonymous and the teaching and practice outlined in the Big



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Book of Alcoholics Anonymous.  
Overeaters Anonymous: A Vision for You

## **Overeaters Anonymous: A Vision for You | ...and you will ...**

BIG BOOK STUDY BIG BOOK STUDY  
(British Summer time) \*NOTE: These meetings are officially listed in British Summer Time on oa.org. For most of the year the meetings start at the times listed above in EST, but because the time changes in Europe a few weeks before/after the US, the start time may vary by an hour a couple of weeks out of the year.

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