

2019 Catalog

BOOKS

Abstinence, Second Edition

One of OA's most popular books, updated and expanded with 50 percent new stories! These member-written articles are drawn from *Lifeline*, OA's international magazine of recovery. Find help, encouragement and guidance to help you achieve and maintain abstinence. Softcover; 192 pages. **#994/\$11.00 each; #995/\$247.50 box of 25** (discount included)

A New Beginning: Stories of Recovery from Relapse

Available in e-reader format. Check with your e-reader retailer.

Alcoholics Anonymous

The fourth edition of AA's Big Book outlines the principles of Twelve-Step recovery and tells the stories of those who found recovery by practicing them. Softcover; 608 pages. **#1000/\$11.00** (no discount)

Beyond Our Wildest Dreams

How did Overeaters Anonymous begin? When was abstinence introduced? How did *Lifeline* get its name? Discover answers to these questions and more in this book of OA's history. Softcover; 220 pages; indexed. **#998/\$6.00 each; #999/\$150.00 box of 25** (discount included)

For Today

Offers inspiring and thought-provoking affirmations and readings for each day of the year, written especially for OA members. Pocket sized, softcover, indexed; 374 pages. **#984/\$12.00 each; #985/\$270.00 box of 25** (discount included)

For Today Workbook

A new way to use a favorite tool! Gain new insights as you reflect on the daily readings in *For Today*. This companion workbook provides thought-provoking questions for each reading in the book. Workbook includes two questions per page and provides space to write answers. Softcover; 208 pages. **#974/\$ 12.00 each** (no discount)

Overeaters Anonymous, Third Edition

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. Softcover; 232 pages. **#980/\$15.00 each; #981/\$337.50 box of 25** (discount included)

NEW! Overeaters Anonymous, Bundle, Second & Third Edition

This 2-book bundle pack includes both the new "Overeater's Anonymous, 3rd Edition" and "Overeater's Anonymous, 2nd Edition" for one low price.

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. Softcover; 232 pages.

OA's second edition of the beloved Brown Book includes personal stories of recovering OA members, the

2019 Catalog

complete text of "Our Invitation to You", the founder's story and views of the program by non-OA professionals. Softcover; 264 pages. **#972/\$22.50**

Seeking the Spiritual Path: A Collection from Lifeline

More than 70 stories of spiritual discovery compiled from *Lifeline* magazine. Explores such topics as the search for a Higher Power, spiritual experiences before and during the program, tools for spiritual growth and the perspective of agnostics and atheists. Softcover; 144 pages. **#978/\$9.50 each; #979/\$213.75 box of 25** (discount included)

Taste of Lifeline

A new collection of stories from the pages of Lifeline magazine, Taste of Lifeline features more than 100 personal stories by OA members writing about their challenges and recovery and how they work the OA program. Softcover; 216 pages. **#970/\$13.50 each; #971/\$303.75 box of 25** (discount included)

NEW! The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition

OA's keystone book—The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition—is updated and improved, twenty-eight years after its first publication. Created specifically as a study of the OA Twelve Step recovery program, the OA Twelve and Twelve, Second Edition has been revised for clarity and inclusivity—with a restructured Step Four chapter to increase usefulness. Read how, through working the Twelve Steps and studying the Twelve Traditions, members have found “physical, emotional, and spiritual healing that we don’t hesitate to call miraculous.” Softcover; indexed; 180 pages. **#990-2 / \$15.00 each; #991-2 / \$337.50 box of 25** (discount included)

The Twelve-Step Workbook of Overeaters Anonymous, Second Edition

Deepen and strengthen your program by answering thought-provoking questions drawn from and page-referenced to *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*. Softcover; 128 pages. **#992/\$13.50 each; #993/\$303.75 box of 25** (discount included) **Also available as PDF (See page 8)**

NEW! Twelve Step Workshop and Study Guide

Everything you need to lead a journey through the Steps, including leader scripts, Fourth Step inventory worksheets, and hand-selected references from OA-approved literature is included. Use it to lead a group of OA members or one-on-one with your sponsees. Together, you can discover proven ways to incorporate the Twelve Steps of Overeaters Anonymous into a way of living—and a life beyond our wildest dreams. **#960/\$13.50**

Voices of Recovery

This daily reader contains inspirational quotations from OA literature and the experience, strength and hope of OA members. Pocket sized, softcover, indexed; 382 pages. **#986/\$12.00 each; #987/\$270.00 box of 25** (discount included)

Voices of Recovery Workbook

Deepen your recovery with this companion workbook for *Voices of Recovery*. Provides thought-provoking questions for each of the daily readings in the book; includes space on each page for writing answers. 212 pages, softcover. **#996/\$12.00** **Also available as a PDF (see page 8)**

PAMPHLETS AND BOOKLETS

A Commitment to Abstinence

Suggests ways to reinforce your commitment to abstinence and develop a plan of eating. **#141/\$.40**

2019 Catalog

A Common Solution: Diversity and Recovery

OA members from all walks of life share their stories. Members in remote areas and those who are housebound found recovery through telephone meetings. Determined members overcame the challenges of starting OA meetings in non-English speaking countries. Members found homes in OA meetings despite their differences of age, health, sexuality and gender identity, and cultural or religious backgrounds.

#265/\$1.00

A Guide for Sponsors

Whether you are sponsoring for the first time or the twentieth time, this pamphlet offers guidance and support for the vital role you play. Answers questions on why, when and how to be a sponsor. Appendix lists "30 Questions to Ask Newcomers." **#200/\$.75**

A Plan of Eating: A Tool for Living – One Day at a Time

Learn how to use a personal plan of eating as a tool, evaluate your eating history, deal with binge foods and behaviors, and define a new way of eating. *(Note: This pamphlet does not provide specific plans.)*

#145/\$.50

A Program of Recovery

Updated with new 15 Questions. Pamphlet summarizes OA's Twelve-Step program, including 15 questions to help you determine if you are a compulsive eater. **#130/\$.20**

About OA

What is OA? How do members lose weight? Why is OA "anonymous"? How can I find meetings? Flyer answers these and other questions in an engaging summary. **#751K/\$4.00 pk. 20** (no discount)

Anonymity

OA's founder discusses the origins of the Eleventh and Twelfth Traditions and reviews anonymity as a spiritual principle. **#390/\$1.40**

Before You Take That First Compulsive Bite, Remember . . .

What can you do when confronted with the urge to overeat? Find the tools and inspiration you need with this pamphlet's suggestions. **#150/\$.20**

Black OA Members Share Their Experience, Strength and Hope

Black OA members, whether newcomers or longtimers, will find inspiration in these recovery stories. Also inspiring for anyone struggling with food issues and those who want to understand how someone from a different culture might feel coming into the program. **#285/\$.75**

Bulletin Board Attraction Sticky Notes

Spread the OA message with this 3-x-5-inch note for display or distribution. Fill in your meeting location and time. Adhesive strip allows you to stick them on most surfaces without leaving marks. **#440/\$1.75 pad of 25** (no discount)

Carrying the Message

Use this guide with suggestions of what to say and what not to say when speaking to someone about OA for the first time. **#425/\$.40**

Compulsive Overeating: An Inside View

"Our true insanity could be seen in the fact that we kept right on trying to find comfort in excess food, long after it began to cause us misery." Pamphlet looks inside the compulsive eater's mind. **#320/\$1.05**

2019 Catalog

Dignity of Choice

This pamphlet provides guidance to both new and longtime OA members in devising their own plans of eating. It covers topics such as:

- The difference between a plan of eating and abstinence
- Having a choice of plans
- Reviewing our eating patterns
- “Trigger” or “binge” foods
- Eating behaviors
- Structure and tolerance

The pamphlet also provides six sample plans of eating (reviewed and approved by a licensed dietitian) with which some OA members have had success. **#140/\$.75**

Fifteen Questions

Are you a compulsive eater? Answer the questions posed on this flyer to find out. Now updated to reflect the expanded definition of abstinence, it's a great tool for public information events. **#755/\$.15**

Focus on Anorexia and Bulimia Packet

Includes selected stories from OA literature on the topic of anorexia and bulimia, as well as the pamphlet *OA Members Come in All Sizes*, #110; and the flyer *Many Symptoms, One Solution*, #106.

#725/\$2.50 (no discount)

I Put My Hand in Yours

The “Red Book,” written by OA’s founder and first published in 1968 as a guide for OA groups, is considered the foundation of OA meetings. **#490/\$6.00**

I Put My Hand in Yours (wallet card)

Pocket-sized card contains the uplifting message first printed in 1968 in the book *I Put My Hand in Yours*. **#437/\$2.20 pk. 20** (no discount)

If God Spoke to OA

A moving narrative that inspires OA members to reflect on how their experiences qualify them to help other compulsive eaters. **#180/\$.40**

Is Food a Problem for You?

Intended for use in libraries, doctors’ offices, public information campaigns, outreach events, and anywhere prospective OA members might see it. Includes the OA Twelve Steps, member testimonials, and general information about OA. Provides a space for writing in your group or intergroup’s contact information. **#750/\$.20**

Just for Today (wallet card)

Inspiring suggestions for living one day at a time, combined with the Twelve Steps and the Serenity Prayer, on a folded, pocket-sized card. **#410/\$.40**

Maintaining a Healthy Body Weight

Members discuss long-term maintenance and offer suggestions to OA members who have achieved a healthy weight. **#310/\$.80**

Many Symptoms, One Solution

Our symptoms vary, but we share a common bond. This flyer shows new and potential OA members that even though compulsive eaters differ, all can find recovery in our program. **#106/\$.15**

2019 Catalog

Membership Survey Report

Educate professionals about the effectiveness of OA; summarizes results of the 2017 survey of the Fellowship. #102/\$.50

New Group Starter Kit

Everything you need to begin an OA meeting: Newcomer Packet and Newcomer Welcome Coins, *Suggested Meeting Format*, *OA Handbook*, group registration form, sheets from Group Meeting Record Book, double copies of more than two-dozen pamphlets, *Lifeline* magazine, and suggestions for getting started. #730/\$16.00 (no discount)

New Prospect Card

Invite potential members to your meeting with this business-size card. Space for a local OA phone number. #450K/\$2.50 pk. 30 (no discount)

Newcomer Meeting Leader's Kit

For groups that want to hold meetings for newcomers. Includes meeting guidelines, the OA Handbook and a selection of other OA literature. #740/\$10.00 (no discount)

OA Members Come in All Sizes: Welcome, Whatever Your Problem With Food

OA members who came to the program not necessarily overweight, including anorexics and bulimics, share their unique challenges and stories of recovery. #110/\$1.50

One Day at a Time (wallet card)

Contains the inspiring "One Day at a Time" message on one side and the Serenity Prayer on the other. #430K/\$4.25 pk. 30 (no discount)

Pocket Reference for OA Members

Handy pocket-sized pamphlet includes reprints of classic OA readings for meetings or private reflection. Includes OA's preamble, "Our Invitation to You," and the Twelve Steps and Twelve Traditions. #435/\$.40

Professional Outreach Manual

Offers guidance on how to work in prisons, medical facilities, schools and other settings. Includes information on holding OA meetings in institutions. Three-hole punched and spiral bound. #772/\$15.00 (no discount)

Professional Presentation Folder

Use at exhibits or to reach individual health care professionals. Contains the *Courier* newsletter for professionals, *Introducing OA to Health Care Professionals*, *Membership Survey Report*, *Compulsive Overeating: An Inside View*, and cover letter to the professional. 4" x 9" fits a standard envelope. #870/\$3.50 (no discount)

Public Information Posters

Attract newcomers to your meeting and carry the message of recovery using OA's professionally designed and printed, full-color Public information Poster. Posters have easy-tear perforated tabs, guiding newcomers to oaquiz.org, and space to write local meeting information. #759/\$6.00 pk. 20 (do discount)

Public Information Service Manual

Topics include speaking at non-OA events, working with the media and writing press releases. Includes materials to use at OA events. Spiral bound. #762/\$15.00 (no discount)

2019 Catalog

Questions and Answers

This 16-page booklet answers questions and offers definitions about everything newcomers, members, professionals and the general public might want to know about OA. **#170/\$.30**

Recovery Checklist

Questions help you evaluate your recovery and alert you to subtle changes in actions and attitudes that could hamper your program. Also helpful to members in relapse. **#105/\$.20**

Service, Traditions and Concepts Workshop Manual

Provides guidance on preparations and scheduling; workshop formats; and commonly asked questions about service, Traditions and Concepts. Includes transparency masters and script for presentations. Three-hole punched to fit a binder (not included). **#773/\$13.00** (no discount)

Sponsorship Kit

Packet of inspiring and helpful information for sponsors includes:

- *The Tools of Recovery*, #160
- *A Guide for Sponsors*, #200
- *Sponsoring Through the Twelve Steps*, #220
- Excerpts from *Lifeline* magazine featuring stories about sponsorship
- "Working with Others" article from *A Step Ahead*.

#210/\$3.50 (no discount)

Sponsoring Through the Twelve Steps

Offers experience, strength and hope for sponsors who are guiding their sponsees through the Twelve Steps of Overeaters Anonymous. Includes recommended readings and thought-provoking questions. **#220/\$.75**

Strong Abstinence Checklist and Writing Exercise

Use this valuable tool every day to support you in keeping your abstinence strong and intact. You may also use it as the focus for meetings and workshops. **#415/\$.40**

Think First

When the compulsive urge strikes, instead of food, turn to this pocket-sized reminder for a quick and potent list of OA's alternatives. **#109/\$.40**

To Parents and Concerned Adults

Many OA members were under 18 when they began having problems with food. This flyer raises adult awareness about young people's eating behaviors. **#250/\$.30**

To the Family of the Compulsive Eater

Describes the disease of compulsive eating and changes in behavior or relationships that family members might experience. **#240/\$.35**

To the Man Who Wants to Stop Compulsive Overeating, Welcome

Pamphlet encourages male OA members with personal recovery stories by men in OA. **#290/\$.50**

To the Newcomer

Focuses on miracles of the OA program. Includes the 15 Questions and a section describing the importance of meetings. In-depth discussions on compulsive eating, the Steps, spirituality, a plan of eating and fellowship. **#270/\$.40**

2019 Catalog

To the Teen

Covers a broad range of disease manifestations, including anorexia, bulimia and overeating, in recovery stories written by teenage OA members. Questionnaire helps teens decide if they have a problem with food. **#280/\$.60**

To the Teen Questionnaire

Handy flyer with 14 questions for teens to help them answer the question, “Are you a compulsive eater?” Also includes space to fill in meeting information. **#756/\$.15**

Tools of Recovery

Find indispensable guidance on using the OA program’s nine tools: a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity, and service. **#160/\$.45**

Twelfth-Step-Within Handbook

A must for every group and service body! Focuses on ways to help OA members who still suffer. Includes meeting, retreat and workshop formats; skit and promotional flyer; reading and writing tool; “Recovery Insurance Policy” for support and accountability. **#485/\$9.00**

Twelve Concepts of OA Service

Helps OA members apply the Steps and Traditions in their service work. The Concepts, as explained in this pamphlet, define and guide the practices of the service structures that conduct the business of OA. **#330/\$1.00**

Twelve Stepping A Problem

This writing exercise is an approach using the Twelve Steps of OA to deal with life’s challenges without turning to food. Enhance your recovery by using this document individually or as the focus of a workshop. **#420/\$.40**

Twelve Traditions Pocket Guide

Practice the Principles of the Twelve Traditions in OA meetings—and everyday life—with this new wallet card. The *Twelve Traditions Pocket Guide* includes examples of how to apply the Traditions and can be used individually or as the focus within a group or workshop. **#445/\$.40**

Welcome Back: Suggestions for Members in Relapse and for Those Who Care

Stop a relapse or reach out to a struggling fellow or “missing face” with the OA pamphlet *Welcome Back: Suggestions for Members in Relapse and for Those Who Care*. Combined from two former OA pamphlets (*Welcome Back* and *Members in Relapse*), this comprehensive, Conference-approved pamphlet covers “Suggestions for Members in Relapse,” “Suggestions for Those Who Care” and “What Helped—In Their Own Voices” and includes a resource list, space for phone numbers, and more. Look for *Welcome Back: Suggestions for Members in Relapse and for Those Who Care* with the bright yellow cover. Twelve pages; Copyright 2019. **#185/\$1.00**

Welcome Back, We Care! Packet

Whether you are in relapse or think you or another member may be headed there, this kit provides tools to help you get back on track. Includes: *Welcome Back*, #190; *Just for Today*, #410; *Think First*, #109; *Commitment to Abstinence*, #141; *The Tools of Recovery*, #160; *Dignity of Choice*, #140; *Recovery Checklist*, #105; “Slipping and Sliding: A Reading and Writing Tool”; **#721K/\$3.00** (no discount)

2019 Catalog

When Should I Refer Someone to Overeaters Anonymous? To Members of the Helping Professions

Use the colorful OA pamphlet *When Should I Refer Someone to Overeaters Anonymous? To Members of the Helping Professions* to reach out to referring professionals, such as doctors, therapists, nutritionists, teachers, the clergy, and others. With answers to such questions as What Is OA? and How Do Members Achieve and Maintain a Healthy Weight?, this pamphlet explains how OA complements professional care. Plus: OA's Fifteen Questions are included to help the professional know if referring the person they're concerned about is appropriate. **#770/\$.60**

"Where Do I Start"?

Greet newcomers and help them get started with OA's welcome pamphlet. Packed with key information about OA's Twelve Step program of recovery, this 32-page pamphlet includes the Fifteen Questions, Tools (abridged), Plans of Eating, OA Promise, AA Third and Seventh Step Prayers, "Welcome Home," and so much more. With *Where Do I Start?* in hand, newcomers get an introduction to OA and can find answers to frequently asked questions, such as:

- What is compulsive eating?
- Can OA help me if I am bulimic or anorexic?
- Is OA a religious society?
- What is the Twelve Step recovery program?

Help newcomers start their journey of recovery; welcome them with *Where Do I Start?* Copyright 2018. **#705/\$1.00**

Young Person's Packet

A great way to reach young people and their parents or family members. Kit includes a cover letter, a selection of *Lifeline* stories related to young people, and the pamphlets *To the Teen, A Plan of Eating, To Parents and Concerned Adults and Many Symptoms, One Solution*. **#735 \$2.25**

DIGITAL PRODUCTS

OA Handbook for Members, Groups and Service Bodies

Offers suggestions on how to start an OA group and keep it going, along with important information about service at the group, intergroup, service board, region and world service levels. Indexed.

#120/\$1.00

NEW! For Today Workbook

Gain new insights by using the tool of writing as you reflect on the daily readings in *For Today*. This accompanying workbook provides thought-provoking questions for each day in the book. Electronic file gives unlimited space to answer the questions; file can be saved and reopened for future changes. **\$7.50**

Twelve-Step Workbook of Overeaters Anonymous, Second Edition e-Workbook

Thought-provoking questions drawn from and page-referenced to *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, Second Edition. Electronic file gives unlimited space to answer the questions; file can be saved and reopened for future changes. **\$10.00**

Voices of Recovery e-Workbook

This e-workbook provides thought-provoking questions for each of the daily readings in *Voices of Recovery*. When answering these questions, it will be helpful to refer to either a printed copy or an e-reader copy of *Voices of Recovery*. **#986V/\$7.50**

2019 Catalog

PERIODICALS

A Step Ahead

A Step Ahead is the official newsletter of Overeaters Anonymous. It contains current information about OA events, board actions, World Service Business Conference decisions, new OA-approved literature, World Service Office actions and important dates.

A Step Ahead is published quarterly in January, April, July and October. To download a PDF, go to www.oa.org.

Some members of OA do not own computers, so it is very important that groups receive a copy of the newsletter. Group secretaries should print out the PDF version of *A Step Ahead* and circulate it in their OA meetings.

Lifeline Subscription

Subscribe to OA's magazine published 10 months a year featuring recovery stories written by OA members for OA members. Subscribe online at www.oa.org. US and US possessions: **\$30/year**. Other countries: check the chart on your order form for prices.

Lifeline Back Issues

Please specify issues desired. **#820C/\$3.00**

Lifeline Writers' Guidelines

Topic ideas and answers to questions and concerns about sending in stories and letters. **#821/Free***

e-Lifeline

Includes access to online magazine on OA's Web site, plus 12 months of archives. Also includes Lifeline Weekly, a short, weekly inspiring email. Subscribe at www.oalifeline.org. **\$30.00**

AUDIOVISUAL

New! Overeaters Anonymous, Third Edition

Listen to the third edition of OA's beloved Brown Book while driving or doing physical activities. This six disc CD set covers the entire text of the book, including forewords and appendices, and is read by members of the OA Fellowship. **CD #656/\$20.00 (6 CD Set)** (no discount)

RECOVERY COINS

Anniversary Medallions

Mark annual milestones of your OA journey with medallions engraved from 1-20, 25, 30, 35 and 40. 1-5/16" in diameter and engraved with milestone year, OA logo, and "One Day at a Time" on one side.

Years 2-4, 6-9, 11-14 and 16-19: OA promise on reverse, bright silver-colored finish.

Years 1, 5, 10, 15, 20, 25, 30, 35 and 40: "Keep Coming Back!" engraved on reverse, bright bronze finish.

• **NiCodium**—item numbers correspond to year **#4802, #4803, #4804, #4806, #4807, #4808, #4809, #4811, #4812, #4813, #4814, #4816, #4817, #4818, #4819/\$2.00 each** (no discount)

• **Bronze**—item numbers correspond to year **#4801, #4805, #4810, #4815, #4820, #4825, #4830, #4835, #4840/\$2.00 each** (no discount)

2019 Catalog

Milestone Recovery Coins

Acknowledge important first milestones. "One Day at a Time" on one side and milestone on the other. 1-1/4" diameter, aluminum, variety of colors.

- **30 days–Red**

#552/\$.60 (no discount)

#552K/\$14.00 pk. 25 (discount included)

- **60 days–Blue**

#553/\$.60 (no discount)

#553K/\$14.00 pk. 25 (discount included)

- **90 days–Green**

#554/\$.60 (no discount)

#554K/\$14.00 pk. 25 (discount included)

- **6 months–Copper**

#555/\$.60 (no discount)

#555K/\$14.00 pk. 25 (discount included)

- **9 months–Purple**

#556/\$.60 (no discount)

#556K/\$14.00 pk. 25 (discount included)

Newcomer Welcome Coins

OA logo, "Welcome" and part of the first sentence of the OA promise "I Put My Hand in Yours" on one side; continues on the other. 1" diameter, aluminum. #560/\$.45 (no discount) #560K/\$10.25 pk. 25 (discount included)

Recovery Medallion

Mark special occasions with this nickel-silver medallion with antiqued finish. "Overeaters Anonymous" on one side and the Serenity Prayer on the other; space to engrave length of abstinence or OA birthday. 1-1/2" diameter. #480/\$5.00 (no discount)

Serenity Prayer Coin

OA logo and "One Day at a Time" on one side and the Serenity Prayer on the reverse. 1-1/4" diameter, aluminum. #470/\$.45 (no discount) #470K/\$10.25 pk. 25 (discount included)