



Abstinence Literature Resource Guide

The following literature is specifically helpful for obtaining and maintaining abstinence. Use literature every day to support you in keeping your abstinence and share the list with newcomers and sponsees to help them understand and find abstinence. You may also use the list to create meeting and workshop topics.

Literature can be purchased on the OA website at bookstore.oa.org.

PAMPHLETS

- 1) *A Lifetime of Abstinence: One Day at a Time* ([#155](#))
- 2) *A Plan of Eating* ([#145](#))
- 3) *Dignity of Choice* ([#140](#))
- 4) *Is Food a Problem for You?* ([#750](#))
- 5) *Many Symptoms, One Solution* ([#106](#))
- 6) *In OA, Recovery Is Possible: About Compulsive Eating and the OA Program of Recovery* ([#135](#))
- 7) *Think First* ([#109](#))
- 8) *The Tools of Recovery* ([#160](#))
- 9) *Recovery Checklist* ([#105](#))
- 10) *Strong Abstinence Checklist and Writing Exercise Wallet Card* ([#415](#))
- 11) *Welcome Back: Suggestions for Members in Relapse and Those Who Care* ([#185](#))

BOOKS

- 1) *Overeaters Anonymous, Third Edition*, specifically the Forewords and Appendices, “*The Role of a Plan of Eating in Recovery from Compulsive Eating*,” “*A Disease of the Mind*,” “*A Disease of the Body*,” “*A Disease of the Spirit*” ([#980](#))
- 2) *Abstinence, Second Edition* ([#994](#))
- 3) “The Doctor’s Opinion” from *Alcoholics Anonymous, Fourth Edition* ([#1000](#))
- 4) *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition* ([#990-2](#))

FREE DOWNLOADS FROM OA.ORG

- 1) [Abstinence PowerPoint presentation](#)
- 2) [Strong Abstinence Checklist](#)
- 3) [Abstinence and A Plan of Eating Workshop](#)