

WORK THE OA PROGRAM WITH OUR NEW SECOND EDITIONS

OA's keystone book,

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

and companion workbook,

The Twelve Step Workbook of Overeaters Anonymous, Second Edition,

have been created specifically as a study of the OA Twelve Step recovery program.

These new editions have 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.”

How to Buy

Purchase your new print book (#990-2), print workbook (#992), and e-workbook (992V) at bookstore.oa.org or by calling 1-505-891-2664 with your credit or debit card ready.

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