Billy was tired of being teased. His mom said he ate too much. His friends said he was fat.

Billy's mom and dad saw that he was sad and they wanted to help him, but it was hard for Billy to tell them how he felt inside. They took him to the doctor to see if she could help.

When they went to see the doctor, she told him that he had to lose weight. She gave Billy's mom a diet for him.

He was taken to a meeting and he found other people who had the same problem he had.

There were some children there who were his age. There were grown-ups, too. And for the first time in his life, he did not feel alone.

The people in the meeting talked about the OAS Steps which helped them feel good about themselves and food. They talked about a higher power which helped them to get past the bad times. They made friends with each other and called each other to talk about all kinds of things.

It was not easy, but he began to lose weight. The more he learned about the OAS Steps the better things got.

Billy lost the weight he needed to lose. His mom and dad were proud of him. The doctor was proud of him, but best of all, Billy was proud of himself. Billy found the help he needed with OA. He made new friends, and found a way to eat and live which made him feel happy.