

OA GUIDELINES



OA-Approved Literature List

■ Statement on Approved Literature (Business Conference Policy Manual, 2010a [Amended 2012])

“In accordance with our Traditions, we suggest that OA groups maintain unity and honor our Traditions by using, selling, and displaying only approved books and pamphlets at their meetings. This includes OA Conference- and board-approved literature; AA Conference-approved books, booklets, and all future editions thereof, with original edition copyright 2010 or earlier; and locally produced OA literature. Locally produced literature must be developed according to OA Guidelines for Locally Produced Literature, and should be used with the greatest discretion. Local literature should be considered temporary and discontinued when OA literature approved for general use is available to cover the topic.”

■ Statement on Literature That Is Not OA-Approved (Business Conference Policy Manual, 1993b [amended 2010])

“It is the group conscience of the 1993 World Service Business Conference that the sale or display of literature other than OA-approved literature and AA conference-approved literature (as described in WSBC Policy 2010a) is an implied endorsement of outside enterprises, and therefore in violation with Tradition Six.”

■ OA Conference-approved literature

This literature has been reviewed according to the procedures for granting the Conference Seal of Approval, and the Conference has agreed that the material has broad application to the Fellowship as a whole.

Books

Beyond Our Wildest Dreams (#998)
For Today (#984)
For Today Workbook (#974)
Overeaters Anonymous, all editions (#980)
The Twelve Steps and Twelve Traditions of Overeaters Anonymous, all editions (#990)
Twelve Step Workshop and Study Guide (#960)
Voices of Recovery (#986)
Voices of Recovery Workbook (#996)

Black OA Members Share Their Experience, Strength and Hope (#285)
Dignity of Choice (#140)
If God Spoke to OA (#180)
Maintaining a Healthy Body Weight (#310)
Many Symptoms, One Solution (#106)
Members in Relapse (#400)
OA Cares*
OA Is Not a Diet Club*
OA Handbook for Members, Groups and Service Bodies (#120)
OA Members Come in All Sizes: Welcome, Whatever Your Problem with Food (#110)
Person to Person*
Questions and Answers (#170)
Recovery Checklist (#105)
Sponsoring Through the Twelve Steps (#220)
The Tools of Recovery (#160)
The Twelve Concepts of OA Service (#330)

Pamphlets

A Commitment to Abstinence (#141)
A Common Solution: Diversity and Recovery (#265)
A Guide for Sponsors (#200)
A Plan of Eating (#145)
A Program of Recovery (#130)
Before You Take That First Compulsive Bite, Remember... (#150)
Billy's Story*

*Discontinued literature is available on oa.org for download.

(over)

The Twelve Steps and Twelve Traditions of OA:
A Kid's View*
The Twelve Traditions of Overeaters Anonymous (#230)
Together We Can*
To the Compulsive Overeater in the Military*
To the Family of the Compulsive Eater (#240)
To the Man Who Wants to Stop Compulsive
Overeating, Welcome (#290)
To the Newcomer (#270)

To the Teen (#280)
Treatment and Beyond*
Welcome Back (#190)
What If I Don't Believe in "God"?*

Wallet Cards

Just for Today (#410)
Pocket Reference for OA Members (#435)
Think First (#109)
Twelve Traditions Pocket Guide (#445)

*Discontinued literature is available on oa.org for download.

■ **OA Board-approved literature and materials**

This literature is developed by a board or Conference committee and has been approved by the Board of Trustees.

Books

Abstinence, all editions (#994)
A New Beginning (e-book)
Lifeline Sampler (e-book)
Seeking the Spiritual Path (#978)
Taste of Lifeline (#970)
The Twelve Step Workbook of Overeaters Anonymous,
all editions (#992)

Pamphlets and Other Materials

Anonymity (#390)
Carrying the Message wallet card (#425)
Focus on Anorexia and Bulimia Packet (#725)
Fourth-Step Inventory Guide (#491)
I Put My Hand in Yours (Red Book) (#490)
I Put My Hand in Yours wallet card (#437)
Milestone Recovery Coins (#480)
Newcomer Meeting Leader's Kit (#740)
Newcomer Packet (#710)
New Group Starter Kit (#730)
OA Guidelines
"One Day at a Time" wallet card (#430)
Sample Intergroup and Service Board Bylaws
Sample Summary of Purpose
Seventh Tradition of OA (#802)
Service, Traditions and Concepts Workshop
Manual (#773)
Sponsorship Kit (#210)
Strong Abstinence Checklist wallet card (#415)
Suggested Meeting Formats

Twelve Stepping a Problem wallet card (#420)
Twelfth-Step-Within Handbook (#485)
Welcome Back, We Care! Packet (#721)
Young Person's Packet (#735)

Public Information Materials

About OA
Bulletin Board Attraction Sticky Notes (#440W)
Compulsive Overeating—An Inside View (#320)
Fifteen Questions (#755)
Introducing OA to Health Care Professionals (#753)
Introducing OA to the Clergy (#780)
Is Food a Problem for You? (#750)
New Prospect Card (#450K)
Public Information Service Manual ((#762)
Professional Outreach Manual (#772)
Professional Presentation Folder (#870)
To Parents and Concerned Adults (#250)
To the Teen questionnaire (#756)

Periodicals

A Step Ahead (online quarterly newsletter)
Courier (online newsletter)
Lifeline and oalifeline.org (subscription and
online magazine)

Audio and Audiovisual

"Many Symptoms, the OA Solution" (TV PSA)
Overeaters Anonymous, Third Edition CD (#656)
and MP3 (#657)
"Start Living the Life You Deserve" (radio PSA)

Find all OA-approved items at oa.org and bookstore.oa.org.

■ AA Conference-approved literature

Following is AA literature that is also OA-approved.

The following list shows those AA-Conference-approved books and booklets with original copyright dates of 2010 or earlier.

AA Comes of Age	Dr. Bob and the Good Oldtimers
AA in Prison: Inmate to Inmate	Experience, Strength and Hope
Alcoholics Anonymous (Big Book)	Living Sober
As Bill Sees It	Pass It On
Came to Believe	AA Service Manual/Twelve Concepts
Daily Reflections	The Twelve Steps and Twelve Traditions

OA Board-Approved

Overeaters Anonymous®, Inc.
6075 Zenith Court NE
Rio Rancho, New Mexico 87144-6424 USA
Mail Address: PO Box 44727, Rio Rancho, NM 87174-4727 USA
Tel: 1-505-891-2664 • 1-505-891-4320
info@oa.org • www.oa.org
© 1990 . . . 2018 Overeaters Anonymous, Inc. Rev. 9/2018. All rights reserved.