



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 Commitment to Abstinence* ([#141](#))
- 2) *A Plan of Eating* ([#145](#))
- 3) *Before You Take That First Compulsive Bite* ([#150](#))
- 4) *Dignity of Choice* ([#140](#))
- 5) *Is Food a Problem for You?* ([#750](#))
- 6) *Maintaining a Healthy Weight* ([#310](#))
- 7) *Many Symptoms, One Solution* ([#106](#))
- 8) *Questions and Answers* ([#170](#))
- 9) *Think First* ([#109](#))
- 10) *Tools of Recovery* ([#160](#))
- 11) *Members in Relapse* ([#400](#))
- 12) *Recovery Checklist* ([#105](#))
- 13) *Welcome Back* ([#190](#))
- 14) *Strong Abstinence Checklist and Writing Exercise Pocket Card* ([#415](#))

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* ([#990](#))

FREE DOWNLOADS FROM OA.ORG

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