

OA GUIDELINES



OA-Approved Literature List

■ Statement on Approved Literature (Business Conference Policy Manual, 2010a [Amended 2012,2023])

“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. Although groups may choose to focus on only one piece of OA-approved literature, individuals and groups are encouraged to use any and all OA-approved literature. Locally produced literature must be developed according to the *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)²
Body Image, Relationships, and Sexuality (#950)²
For Today (#984)²
For Today Workbook (#974)²
Overeaters Anonymous, all editions (#980)²
The Twelve Steps and Twelve Traditions of Overeaters Anonymous, all editions (#990)²
Twelve Step Workshop and Study Guide, all editions (#960)²
Twelve Traditions Workbook of Overeaters Anonymous (952)
Twelve Step Workbook of Overeaters Anonymous (#992)
Voices of Recovery, all editions (#986)²
Voices of Recovery Workbook (#996)²

Pamphlets

A Common Solution: Diversity and Recovery (#265)
A Guide for Sponsors (#200)
A Lifetime of Abstinence: One Day at a Time (#155)²

A New Plan of Eating (#144)²
Billy's Story¹
Black OA Members Share Their Experience, Strength, and Hope (#285)
If God Spoke to OA (#180)
In OA, Recovery is Possible (#135)
Many Symptoms, One Solution (#106)
OA Cares (#260)¹
OA Is Not a Diet Club (#111)¹
OA Handbook for Members, Groups, and Service Bodies PDF (#120)
OA Members Come in All Sizes: Welcome, Whatever Your Problem with Food (#110)
Person to Person (#108)¹
Recovery Checklist (#105)
Sponsoring Through the Twelve Steps (#220)
Temporary Sponsors: Newcomers First Twelve Days
The Tools of Recovery (#160)²
The Twelve Concepts of OA Service (#330)¹

The Twelve Steps and Twelve Traditions of OA:
A Kid's View¹

The Twelve Traditions of Overeaters Anonymous¹
Together We Can (#100)¹

To the Compulsive Overeater in the Military (#107)¹

To the Family of the Compulsive Eater (#240)

To the Man Who Wants to Stop Compulsive
Overeating, Welcome (#290)²

To the Newcomer (#270)

To the Young Person (#280)²

¹ Historical literature is available on oa.org for download

² Multiple formats available

Treatment and Beyond (#757)¹

Unity with Diversity Checklist PDF¹

Welcome Back: Suggestions for Members in
Relapse and for Those Who Care (#185)

What If I Don't Believe in "God"? (#195)¹

Wallet Cards

Just for Today (#410)

Pocket Reference for OA Members (#435)

Think First (#109)

Twelve Freedoms (#447)

Twelve Traditions Pocket Guide (#445)

■ **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)²

A New Beginning (#976)²

Lifeline Sampler (#982)²

Seeking the Spiritual Path (#978)²

Participants Guide (#965)

Taste of Lifeline (#970)²

The Twelve Step Workbook of Overeaters Anonymous,
all editions (#992)

Pamphlets and Other Materials

Anonymity (#390)

Focus on Anorexia and Bulimia Packet (#725)

Milestone Recovery Coins (#480)

New Group Starter Kit (#730)

OA Guidelines

OA Workshops and Skits

Sample Intergroup and Service Board Bylaws

Sample Summary of Purpose

Seventh Tradition of OA (#802)

Service, Traditions and Concepts Workshop
Manual and Presentation (#773)

Sponsorship Kit (#210)

Suggested Meeting Formats

Twelfth-Step-Within Handbook (#485)

Where Do I Start? (#705)

Public Information Materials

About OA (#751K)

Bulletin Board Attraction Sticky Notes (#440W)

Compulsive Overeating—An Inside View (#320)¹

Fifteen Questions For the Young Person (#755)

Is Food a Problem for You? (#750)

New Prospect Card (#450K)

OA Posters¹

Professional Presentation Folder (#870)

To Parents and Concerned Adults (#250)

Fifteen Questions for The Young Person (#756)

When Should I Refer Someone to Overeaters
Anonymous? (#770)

Public Information Professional Outreach (PIPO) Service
Manual (#765)

Wallet Cards

Carrying the Message wallet card (#425)

I Put My Hand in Yours wallet card (#437)

"One Day at a Time" wallet card (#430)

Strong Abstinence Checklist wallet card (#415)

Twelve Stepping a Problem wallet card (#420)

Periodicals

A Step Ahead (online quarterly newsletter)

Courier (online newsletter)

Lifeline back issues (#820)

Audio and Audiovisual

"Many Symptoms, the OA Solution" (TV PSA)

■ 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
AA in Prison: Inmate to Inmate
Alcoholics Anonymous (Big Book)
As Bill Sees It
Came to Believe
Daily Reflections
Dr. Bob and the Good Oldtimers

Experience, Strength and Hope
Living Sober
Pass It On
AA Service Manual Combined with Twelve Concepts for
World Service
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
1-505-891-2664
info@oa.org • www.oa.org

© 1990 . . . 2018 Overeaters Anonymous, Inc. Rev. 2/2024. All rights reserved.

#570