

2024 Catalog

BOOKS

Abstinence, Second Edition

One of OA's most popular books, updated and expanded with 50 percent new stories! These member-written articles are drawn from *Lifeline*, OA's international magazine of recovery. Find help, encouragement, and guidance to help you achieve and maintain abstinence. Softcover; 192 pages. Available in e-book format. Check with your e-reader retailer. **#994/\$12.50 each; #995/\$281.25 box of 25** (discount included)

A New Beginning: Stories of Recovery from Relapse

Stories from *Lifeline* magazine full of experience, strength, inspiration, and wisdom. 144 pages. *A New Beginning* is only available from our third-party vendors. Direct links to these sites can be found on the pamphlet's page at bookstore.oa.org under inventory **#976**.

Alcoholics Anonymous, Fourth Edition

The fourth edition of AA's Big Book outlines the principles of Twelve Step recovery and tells the stories of those who found recovery by practicing them. Softcover; 608 pages. **#1000/\$13.50** (no discount)

Beyond Our Wildest Dreams: A History of Overeaters Anonymous as Seen by the Founder

How did Overeaters Anonymous begin? When was abstinence introduced? How did *Lifeline* get its name? Discover answers to these questions and more in this book of OA's history. Indexed, 220 pages. *Beyond Our Wildest Dreams* is only available from our third-party vendors. Direct links to these sites can be found on the pamphlet's page at bookstore.oa.org under inventory **#998**.

Body Image, Relationships, and Sexuality: Personal Journeys to Recovery in Overeaters Anonymous

A first-of-its-kind collection of member stories about how our disease can be deeply intertwined with the most intimate parts of our lives—our deeply held traumas, personal relationships, and changing identities. Find hope as you read in *Body Image, Relationships, and Sexuality* how these OA members became truly "happy, joyous, and free." Softcover; 132 pages. Available in e-book format. Check with your e-reader retailer. **#950/\$13.50 each; #951/\$303.75 box of 25** (discount included)

For Today

Inspiring and enriching affirmations and readings for each day of the year, written especially for OA members. Pocket-sized, softcover, indexed; 374 pages. Available in e-book format. Check with your e-reader retailer. **#984/\$13.50 each; #985/\$303.75 box of 25** (discount included)

For Today Workbook

A new way to use a favorite Tool! Gain new insights as you reflect on the daily readings in *For Today*. This companion workbook provides inspirational questions for each reading in the book. Workbook includes two questions per page and provides space to write answers. Softcover; 208 pages. **#974/\$13.50 each** (no discount) **Also available as PDF; see "Digital Products" section.**

Overeaters Anonymous, Third Edition

OA's third edition of the beloved Brown Book includes forty never-before-published stories by members from around the world, the complete text of "Our Invitation to You," the founder's story, a new foreword by an eating disorder treatment professional, and a new appendix to help readers understand the importance of using the plan of eating Tool in finding abstinence. Softcover; 232 pages. Available for purchase in e-book format. Check with your e-reader retailer. **#980/\$16.50 each; #981/\$371.25 box of 25** (discount included)

Participant Guide for Twelve Step Workshop and Study Guide, Second Edition

The *Participant Guide for Twelve Step Workshop and Study Guide, Second Edition* has the important pages

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attendees and sponsees need in order to participate in the *Twelve Step Workshop* and follow along with the leader. Materials include Step Homework and Readings, working-the-Steps Worksheets, and a helpful Step Four Glossary. **NOTE:** The *Participant Guide* is **not** the complete *Workshop and Study Guide*; it is a companion volume for attendees and sponsees. Softcover; 60 pages. **#965/\$8.50 each; #966/\$191.25 box of 25** (discount included)

Seeking the Spiritual Path: A Collection from Lifeline

More than seventy stories of spiritual discovery compiled from *Lifeline* magazine. Explores such topics as the search for a Higher Power, spiritual experiences before and during the program, tools for spiritual growth, and the perspective of agnostics and atheists. Softcover; 144 pages. Available in e-book format. Check with your e-reader retailer. **#978/\$11.00 each; #979/\$247.50 box of 25** (discount included)

Taste of Lifeline

A collection of stories from the pages of *Lifeline* magazine, *Taste of Lifeline* features more than 100 personal stories by OA members writing about their challenges and recovery and how they work the OA program. Softcover; 216 pages. Available in e-book format. Check with your e-reader retailer. **#970/\$15.00 each; #971/\$337.50 box of 25** (discount included)

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

OA's keystone book, updated and improved twenty-eight years after its first publication. Created specifically as a study of the OA Twelve Step recovery program, the *OA Twelve and Twelve, Second Edition* has 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." Softcover, indexed; 180 pages. Available in e-book format. Check with your e-reader retailer. **#990-2/\$16.50 each; #991-2/\$371.25 box of 25** (discount included)

The Twelve Step Workbook of Overeaters Anonymous, Second Edition

Deepen and strengthen your program by answering insightful questions drawn from and page-referenced to *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*. Softcover; 128 pages. **#992/\$15.00 each; #993/\$337.50 box of 25** (discount included) **Also available as PDF; see "Digital Products" section.**

Twelve Step Workshop and Study Guide, Second Edition

Updated with references to the *OA Twelve and Twelve, Second Edition*, the *Twelve Step Workshop and Study Guide, Second Edition* is our most in-depth resource for taking groups or individual sponsees on a journey through OA's Twelve Steps to a life of recovery. This guide has leader scripts, working-the-Steps Worksheets, and selected readings from OA-approved literature. Use the *Workshop and Study Guide, Second Edition* to lead a group or your sponsee through the Twelve Steps—and to a life "beyond our wildest dreams." Softcover; 162 pages. Available in e-book format. Check with your e-reader retailer. **#960-2/\$15.00**

The Twelve Traditions Workbook of Overeaters Anonymous

Designed to be an in-depth companion piece to our flagship book, *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, inspiring compulsive eaters to work through all Twelve Traditions of Overeaters Anonymous, just as they have worked through the Twelve Steps. This workbook focuses on the Spiritual Principles of the Twelve Traditions and explores them through guided questions. In addition to print options, a PDF e-workbook with unlimited space to type your answers is available through the OA bookstore. Softcover; 83 pages. **#952/\$15.00 each; #953/\$337.50 box of 25** (discount included) **Also available as PDF; see "Digital Products" section.**

Voices of Recovery: A Daily Reader, Second Edition

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The **second edition** of OA's beloved daily reader *Voices of Recovery* has been attentively reviewed and edited to bring its daily meditations—sourced directly from the testimonials of OA members—into alignment with OA's currently available literature and policies. Pocket-sized, softcover, indexed; 387 pages. Available in e-book format. Check with your e-reader retailer. **#986-2/\$13.50 each; #987-2/\$303.75 box of 25** (discount included)

Voices of Recovery Workbook

Deepen your recovery with this companion workbook for *Voices of Recovery*. Provides thought-provoking questions for each of the daily readings in the book and can be used with both the first and second edition of *Voices of Recovery*; includes space on each page for writing answers. Softcover; 212 pages. **#996/\$13.50** Also available as PDF; see “Digital Products” section.

PAMPHLETS AND BOOKLETS

A Common Solution: Diversity and Recovery

OA members from all walks of life share their stories. Members in remote areas and those who are housebound found recovery through telephone meetings. Determined members overcame the challenges of starting OA meetings in non-English-speaking countries. Members found homes in OA meetings despite their differences of age, health, sexuality, gender identity, and cultural or religious backgrounds.

#265/\$2.00

A Guide for Sponsors: Why, When, and How to Be an OA Sponsor

Whether you are sponsoring for the first time or the twentieth time, this pamphlet offers guidance and support for the vital role you play. Answers questions on why, when, and how to be a sponsor. Appendix lists “30 Questions to Ask Newcomers.” **#200/\$2.00**

A Lifetime of Abstinence: One Day at a Time

Dives more deeply into the details of what abstinence looks like on a daily basis. *A Lifetime of Abstinence* gives newcomers and members practical suggestions for how to build and develop a recovery program as well as compassionate advice on the multifaceted disease that is compulsive eating. Available in e-book format. Check with your e-reader retailer. **#155/\$2.00.**

A New Plan of Eating: A Physical, Emotional, and Spiritual Journey

This pamphlet, which was reviewed and updated by a registered dietician, helps compulsive eaters define, structure, and review a new eating plan with clarity and confidence. *A New Plan of Eating's* guidelines also helpfully include insightful tips for long days, irregular hours, and special occasions, including twelve-hour shifts and food-centered social engagements. Available in e-book format. Check with your e-reader retailer. **#144/\$2.00**

About OA

What is OA? How do members lose weight? Why is OA “anonymous”? How can I find meetings? This flyer answers these and other questions in an engaging summary. **#751K/\$5.00 pk. 20** (no discount)

Anonymity: The Meaning and Application of Traditions Eleven and Twelve

OA's founder discusses the origins of the Eleventh and Twelfth Traditions and reviews anonymity as a Spiritual Principle. **#390/\$2.00.** Also available as PDF; see “Digital Products” section.”

Black OA Members Share Their Experience, Strength, and Hope

Black OA members, whether newcomers or longtimers, will find inspiration in these recovery stories. Also inspiring for anyone struggling with food issues and those who want to understand how someone from another culture might feel coming into the program. **#285/\$2.00**

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Bulletin Board Attraction Sticky Notes

Spread the OA message with this 3-by-5-inch note for display or distribution. Fill in your meeting location and time. Adhesive strip allows you to stick notes on most surfaces without leaving marks. **#440W/\$3.00 pad of 25** (no discount)

Carrying the Message (wallet card)

Use this guide with suggestions of what to say and what not to say when speaking to someone about OA for the first time. **#425/\$1.00**

Fifteen Questions

Are you a compulsive eater? Answer the questions posed on this flyer to find out. Now updated to reflect the expanded definition of abstinence. A great tool for public information events! **#755/\$.50**

Fifteen Questions for the Young Person

Our *To the Teen* card has been revised and rereleased as *Fifteen Questions for the Young Person*. Now an eye-catching, beautifully bright daffodil color, the text has been carefully considered as well. The questions have been changed to first person, for a more intimate approach, and the whole card has been updated with inclusivity and current program language in mind. Also includes space to fill in meeting information. **#756/\$.50**

Focus on Anorexia and Bulimia Packet

Includes selected stories from OA literature on the topic of anorexia and bulimia, as well as the pamphlet *OA Members Come in All Sizes* (#110) and the flyer *Many Symptoms, One Solution* (#106). **#725/\$3.50** (no discount)

I Put My Hand in Yours (wallet card)

Pocket-sized card contains the uplifting message first printed in 1968 in the book *I Put My Hand in Yours*. **#437K/\$3.00 pk. 20** (no discount)

If God Spoke to OA: A Gift of Healing

A moving narrative that inspires OA members to reflect on how their experiences qualify them to help other compulsive eaters. **#180/\$1.00**

In OA, Recovery Is Possible: About Compulsive Eating and the OA Program of Recovery

Contains vital introductory information and focuses intently on defining compulsive eating and answering questions about the basics of our recovery program. Available in e-book format. Check with your e-reader retailer. **#135/\$2.00**.

Is Food a Problem for You?

Intended for use in libraries, doctors' offices, public information campaigns, outreach events, and anywhere prospective OA members might see it. Includes the OA Twelve Steps, member testimonials, and general information about OA. **#750/\$1.00**

Just for Today (wallet card)

Inspiring suggestions for living one day at a time, combined with the Twelve Steps and the Serenity Prayer on a folded, pocket-sized card. **#410/\$1.00**

Many Symptoms, One Solution

Our symptoms vary, but we share a common bond. This flyer shows new and potential OA members that even though compulsive eaters differ, all can find recovery in our program. **#106/\$.50**

Membership Survey Report

2024 Catalog

Educate professionals about the effectiveness of OA; summarizes results of the 2017 survey of the Fellowship. **#102/\$1.00**

New Group Starter Kit

Everything you need to begin an OA meeting: *Where Do I Start?* (#705), Newcomer Welcome Coins, *Suggested Meeting Format*, sheets from Group Meeting Record Book, copies of more than two dozen pamphlets, *Lifeline* magazine, and suggestions for getting started. **#730/\$20.00** (no discount)

New Prospect Card

Invite potential members to your meeting with this business-size card. Space for local OA contact information. **#450K/\$3.00 pk. 30** (no discount)

OA Members Come in All Sizes: Welcome, Whatever Your Problem with Food

OA members who came to the program not necessarily overweight, including anorexics and bulimics, share their unique challenges and stories of recovery. **#110/\$2.00**

One Day at a Time (wallet card)

Contains the inspiring "One Day at a Time" message on one side and the Serenity Prayer on the other. **#430K/\$5.00 pk. 30** (no discount)

Pocket Reference for OA Members

Handy pocket-sized pamphlet includes reprints of classic OA readings for meetings or private reflection. Includes OA's preamble, "Our Invitation to You," and the Twelve Steps and Twelve Traditions. **#435/\$1.00**

Professional Presentation Folder

Use at exhibits or to reach individual health care professionals. Contains *When Should I Refer Someone to Overeaters Anonymous?* (#770), *Membership Survey Report* (#102), and cover letter to the professional. 4" x 9" fits a standard envelope. **#870/\$3.50** (no discount)

Public Information Posters

Attract newcomers to your meeting and carry the message of recovery using OA's professionally designed and printed, full-color Public information Poster. Posters have easy-tear perforated tabs guiding newcomers to oaquiz.org and space to write local meeting information. **#759/\$6.00 pk. 20** (no discount)

Public Information and Professional Outreach Service Manual

The *Public Information Service Manual* and the *Professional Outreach Manual* are now combined, with their best explanations and recommendations for PIPO work distilled into this new manual. Wide range of topics includes writing press releases, bringing the message of OA to correctional facilities, writing letters to health professionals, reaching out to the military, and giving interviews to local news sources while protecting anonymity. Spiral-bound. **#765/\$20.00** (no discount)

Recovery Checklist

Questions to help you evaluate your recovery and alert you to subtle changes in actions and attitudes that could hamper your program. Also helpful to members in relapse. **#105/\$.50**

Service, Traditions, and Concepts Workshop

Set of downloads provides guidance on preparations and scheduling; workshop formats; and commonly asked questions about service, Traditions, and Concepts. Includes script for presentations. **#773 Free digital download at bookstore.aa.org and aa.org.**

Sponsoring Through the Twelve Steps

Offers experience, strength, and hope for sponsors who are guiding their sponsees through the Twelve

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Steps of Overeaters Anonymous. Includes recommended readings and constructive questions. **#220/\$2.00**

Sponsorship Kit

Packet of inspiring and helpful information for sponsors includes:

- *The Tools of Recovery*, #160
- *A Guide for Sponsors*, #200
- *Sponsoring Through the Twelve Steps*, #220
- Excerpts from *Lifeline* magazine featuring stories about sponsorship
- Strong Abstinence Checklist and Writing Exercise wallet card, #415
- Twelve Stepping a Problem wallet card, #420
- Abstinence Literature Resource Guide

#210/\$3.50 (no discount)

Strong Abstinence Checklist and Writing Exercise (wallet card)

Use this valuable tool every day to support you in keeping your abstinence strong and intact. You may also use it as the focus for meetings and workshops. **#415/\$1.00**

The Tools of Recovery: Helping Us Live and Work the Twelve Steps

The Tools of Recovery has long been OA's essential explanatory guide to understanding how using the nine Tools of OA—a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity, and service—can bolster our recovery. Available in e-book format. Check with your e-reader retailer. **#160/\$2.00**

Think First (wallet card)

When the compulsive urge strikes, instead of food, turn to this pocket-sized reminder for a quick and potent list of OA's alternatives. **#109/\$1.00**

To Parents and Concerned Adults

Many OA members were under 18 when they began having problems with food. This flyer raises adult awareness about young people's eating behaviors. **#250/\$.50**

To the Family of the Compulsive Eater: Family Involvement Is an Individual Choice

Describes the disease of compulsive eating and changes in behavior or relationships that family members might experience. **#240/\$1.00** Free digital download on oa.org.

To the Man Who Wants to Stop Compulsive Overeating, Welcome

Pamphlet encourages male-identified OA members by compiling a series of personal recovery stories by men in OA. Available in e-book format. Check with your e-reader retailer. **#290/\$2.00**

To the Newcomer: You're Not Alone Anymore

Focuses on miracles of the OA program. Includes the Fifteen Questions and a section describing the importance of meetings. In-depth discussions on compulsive eating, the Steps, spirituality, a plan of eating, and fellowship. **#270/\$2.00**

To the Young Person

Thoughtfully modernized to include all-new recovery stories—plus a classic testimonial—submitted by young OA members. This pamphlet covers a broad range of disease manifestations, including anorexia, overexercising, and compulsive food behaviors, and explores how these have adversely affected the physical, mental, and emotional health of the young OA authors. The fulfillment of OA's promises of recovery is foregrounded and the life stories of the authors varied, making this pamphlet meaningful for OA members of all ages. Available for purchase in e-book format. Check with your e-reader retailer. **#280**

2024 Catalog

Free digital download at bookstore.aa.org and aa.org.

Twelfth-Step-Within Handbook

A must for every group and service body! Focuses on ways to help OA members who still suffer. Includes meeting, retreat, and workshop formats; a skit and promotional flyer; a reading and writing tool; and a "Recovery Insurance Policy" for support and accountability. **#485/\$10.00**

Twelve Concepts of OA Service

The Twelve Concepts of OA Service is an explanatory guide to our OA service principles. These Concepts—from the ideas of unity and trust to delegation and dialogue—help OA members, groups, and service bodies apply the Steps and Traditions effectively in their service work. Available in e-book format. Check with your e-reader retailer. **#330/\$2.00**

Twelve Stepping a Problem (wallet card)

This writing exercise is an approach using the Twelve Steps of OA to deal with life's challenges without turning to food. Enhance your recovery by using this document individually or as the focus of a workshop. **#420/\$1.00**

Twelve Traditions of Overeaters Anonymous

What are the Traditions, and why are they important? This explanation guides members and groups who want to put OA principles into practice. **#230 Free digital download on aa.org.**

Twelve Traditions Pocket Guide (wallet card)

Practice the Principles of the Twelve Traditions in OA meetings—and everyday life—with this new wallet card. *The Twelve Traditions Pocket Guide* includes examples of how to apply the Traditions and can be used individually or as the focus within a group or workshop. **#445/\$1.00**

Welcome Back: Suggestions for Members in Relapse and for Those Who Care

Stop a relapse or reach out to a struggling fellow or "missing face" with this pamphlet. This comprehensive, Conference-approved pamphlet covers "Suggestions for Members in Relapse," "Suggestions for Those Who Care" and "What Helped—In Their Own Voices" and includes a resource list, space for phone number, and more. Look for *Welcome Back: Suggestions for Members in Relapse and for Those Who Care* with the bright yellow cover. **#185/\$2.00**

When Should I Refer Someone to Overeaters Anonymous?: To Members of the Helping Professions

Use this colorful OA pamphlet to reach out to referring professionals, such as doctors, therapists, nutritionists, teachers, clergy, and others. With answers to such questions as "What Is OA?" and "How Do Members Achieve and Maintain a Healthy Weight?," this pamphlet explains how OA complements professional care. Plus: OA's Fifteen Questions are included to help the professional know if referring the person they're concerned about is appropriate. **#770/\$2.00**

Where Do I Start?

Greet newcomers and help them get started with OA's welcome pamphlet. Packed with key information about OA's Twelve Step program of recovery, this 32-page pamphlet includes the Fifteen Questions, Tools (abridged), Plans of Eating, OA Promise, AA Third and Seventh Step Prayers, "Welcome Home," and so much more. With *Where Do I Start?* in hand, newcomers get an introduction to OA and can find answers to frequently asked questions. Available for purchase in e-book format. Check with your e-reader retailer. **#705/\$2.00 Free digital download on bookstore.aa.org and aa.org.**

DIGITAL PRODUCTS

Anonymity: The Meaning and Application of Traditions Eleven and Twelve

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OA's founder discusses the origins of the Eleventh and Twelfth Traditions and reviews anonymity as a Spiritual Principle. **#390/\$2.00**

For Today Workbook

Gain new insights by using the Tool of writing as you reflect on the daily readings in *For Today*. This accompanying workbook provides inspirational questions for each day in the book. Electronic file gives unlimited space to answer the questions; file can be saved and reopened for future changes. **#974V/\$9.00**

Lifeline Sampler

Stories from *Lifeline* magazine cover such topics as abstinent living, spiritual insights, Steps and Traditions, food and weight, slips and relapse, relationships in recovery, and more. Indexed. *Lifeline Sampler* is only available from our third-party vendors. Direct links to these sites can be found on the book's page at bookstore.aa.org under inventory **#982**.

OA Handbook for Members, Groups, and Service Bodies

Offers suggestions on how to start an OA group and keep it going, along with important information about service at the group, intergroup, service board, region, and world service levels. Indexed. The *OA Handbook* is exclusively available in e-book format. Direct links to these sites can be found on the pamphlet's page at bookstore.aa.org under inventory **#120**.

Public Information and Professional Outreach Service Manual

The *Public Information Service Manual* and the *Professional Outreach Manual* are now combined, with their best explanations and recommendations for PIPO work distilled into this new manual. Wide range of topics includes writing press releases, bringing the message of OA to correctional facilities, writing letters to health professionals, reaching out to the military, and giving interviews to local news sources while protecting anonymity. Direct links to e-book third-party sites for purchase can be found on the pamphlet's page at bookstore.aa.org under inventory **#765. \$9.99**

Service, Traditions, and Concepts Workshop

Set of downloads provides guidance on preparations and scheduling; workshop formats; and commonly asked questions about service, Traditions and Concepts. Includes script for presentations. Digital download only. **#773 Free digital download at bookstore.aa.org and aa.org.**

Seventh Tradition of OA

Details the recovery services supported by the Seventh Tradition. Includes information about how OA's finances are managed, a description of OA's structure, and suggestions on how to financially support your Fellowship. Digital download only. **#802 Free digital download at bookstore.aa.org and aa.org.**

To the Young Person

Thoughtfully modernized to include all-new recovery stories—plus a classic testimonial—submitted by young OA members. This pamphlet covers a broad range of disease manifestations, including anorexia, overexercising, and compulsive food behaviors, and explores how these have adversely affected the physical, mental, and emotional health of the young OA authors. The fulfillment of OA's promises of recovery is foregrounded and the life stories of the authors varied, making this pamphlet meaningful for OA members of all ages. Available for purchase in e-book format. Check with your e-reader retailer. **#280 Free digital download at bookstore.aa.org and aa.org.**

Twelve Step Workbook of Overeaters Anonymous, Second Edition e-Workbook

Deepen and strengthen your program by answering insightful questions drawn from and page-referenced to *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*. Electronic file gives unlimited space to answer the questions; file can be saved and reopened for future changes. **#992V/\$9.00**

2024 Catalog

Twelve Traditions of Overeaters Anonymous pamphlet

What are the Traditions, and why are they important? This explanation guides members and groups who want to put OA principles into practice. Digital download only. **#230 Free digital download on oa.org.**

The Twelve Traditions Workbook of Overeaters Anonymous

Designed to be an in-depth companion piece to our flagship book, *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, inspiring compulsive eaters to work through all Twelve Traditions of Overeaters Anonymous, just as they have worked through the Twelve Steps. This workbook focuses on the Spiritual Principles of the Twelve Traditions and explores them through guided questions. Electronic file gives unlimited space to answer the questions; file can be saved and reopened for future changes. **#952V/\$9.00**

Voices of Recovery e-Workbook

This e-workbook provides thought-provoking questions for each of the daily readings in *Voices of Recovery* and can be used with both the first and second edition of the book. When answering these questions, it will be helpful to refer to either a printed copy or an e-reader copy of *Voices of Recovery*. Electronic file gives unlimited space to answer questions; file can be saved and reopened for future changes. **#996V/\$9.00**

Where Do I Start?

Greet newcomers and help them get started with OA's welcome pamphlet. Packed with key information about OA's Twelve Step program of recovery, this 32-page pamphlet includes the Fifteen Questions, Tools (abridged), Plans of Eating, OA Promise, AA Third and Seventh Step Prayers, "Welcome Home," and so much more. With *Where Do I Start?* in hand, newcomers get an introduction to OA and can find answers to frequently asked questions. Available for purchase in e-book format. Check with your e-reader retailer. **#705/\$1.00 Free digital download on bookstore.oa.org and oa.org.**

PERIODICALS

A Step Ahead

A Step Ahead is the official newsletter of Overeaters Anonymous. It contains current information about OA events, board actions, World Service Business Conference decisions, new OA-approved literature, World Service Office actions, and important dates. *A Step Ahead* is published quarterly in January, April, July and October. To download a PDF, go to oa.org.

Some members of OA do not own computers, so it is very important that groups receive a copy of the newsletter. Group secretaries should print out the PDF version of *A Step Ahead* and circulate it in their OA meetings.

***Lifeline* back issues**

Please specify issues desired. **#820C/\$4.00**

AUDIOVISUAL

Overeaters Anonymous, Third Edition

Listen to the third edition of OA's beloved Brown Book while driving or doing physical activities. This six-disc CD set covers the entire text of the book, including forewords and appendices, and is read by members of the OA Fellowship. **CD #656/\$20.00 (6 CD Set)** (no discount)

RECOVERY COINS

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Anniversary Medallions

Mark annual milestones of your OA journey with medallions engraved from 1-20, 25, 30, 35, 40, 45, and 50. 1-5/16" in diameter and engraved with milestone year, OA logo, and "One Day at a Time" on one side.

Years 2-4, 6-9, 11-14 and 16-19: OA Promise on reverse, bright silver-colored finish.

Years 1, 5, 10, 15, 20, 25, 30, 35, 40, 45, and 50: "Keep Coming Back!" engraved on reverse, bright bronze finish.

- **NiCodium**—item numbers correspond to year **#4802, #4803, #4804, #4806, #4807, #4808, #4809, #4811, #4812, #4813, #4814, #4816, #4817, #4818, #4819/\$2.00 each** (no discount)
- **Bronze**—item numbers correspond to year **#4801, #4805, #4810, #4815, #4820, #4825, #4830, #4835, #4840, #4845, #4850/\$2.00 each** (no discount)

Milestone Recovery Coins

Acknowledge important first milestones. "One Day at a Time" on one side and milestone on the other. 1-1/4" diameter, aluminum, variety of colors.

- **30 days—Red**
 - **#552/\$.60** (no discount)
 - **#552K/\$14.00 pk. 25** (discount included)
- **60 days—Blue**
 - **#553/\$.60 (no discount)**
 - **#553K/\$14.00 pk. 25** (discount included)
- **90 days—Green**
 - **#554/\$.60 (no discount)**
 - **#554K/\$14.00 pk. 25** (discount included)
- **6 months—Copper**
 - **#555/\$.60 (no discount)**
 - **#555K/\$14.00 pk. 25** (discount included)
- **9 months—Purple**
 - **#556/\$.60 (no discount)**
 - **#556K/\$14.00 pk. 25** (discount included)

Newcomer Welcome Coins

OA logo, "Welcome," and part of the first sentence of the OA promise "I Put My Hand in Yours" on one side; continues on the other. 1" diameter, aluminum. **#560/\$.45** (no discount) **#560K/\$10.25 pk. 25** (discount included)

Recovery Medallion

Mark special occasions with this nickel-silver medallion with antiqued finish. "Overeaters Anonymous" on one side and the Serenity Prayer on the other; space to engrave length of abstinence or OA birthday. 1-1/2" diameter. **#480/\$5.00** (no discount)

Serenity Prayer Coin

OA logo and "One Day at a Time" on one side and the Serenity Prayer on the reverse. 1-1/4" diameter, aluminum. **#470/\$.45** (no discount) **#470K/\$10.25 pk. 25** (discount included)