



## OA Literature List by Copyright Date(s)/Revision Date

| Title  | Current Date<br>No. | First Date | Revision Date | Inventory |
|--|---------------------|------------|---------------|-----------|
| <b>Pamphlets &amp; Wallet Cards</b>  |                     |            |               |           |
| About OA   | N/A                 | 2011       | 9/2023        | 751       |
| A Common Solution: Diversity and Recovery                                  | 2011                |            |               | 265       |
| A Lifetime of Abstinence: One Day at a Time                                | 2020                | 2020       | 12/2022       | 155       |
| A New Plan of Eating   | 2021                | 2021       |               | 144       |
| Anonymity  | 1994                | 1983       | 10/2023       | 390       |
| Anorexia and Bulimia Packet  | 2017                | 2008       |               | 725       |
| Black OA Members Share Their Experience ...                                | 2007                | 2007       | 12/2022       | 285       |
| Bulletin Board Attraction Sticky Notes                                     | 2010                | 2010       | 2017          | 440       |
| Carrying the Message – wallet card   | 2015                | 2015       | 9/2023        | 425       |
| Fifteen Questions for the Young Person                                     | 2012                | 1986       | 3/2015        | 756       |
| Guide for Sponsors   | 2015                | 1990       | 4/2022        | 200       |
| I Put My Hand in Yours – wallet card                                       | 1990                | 1968       | 2018          | 437       |
| If God Spoke to OA   | N/A                 | N/A        |               | 180       |
| In OA, Recovery is Possible: About Compulsive Eating<br>And the OA Program | 2020                | 2020       | 9/2023        | 135       |
| Is Food a Problem for You?   | 2012                | 2008       | 5/2022        | 750       |
| Just for Today – wallet card   | N/A                 | N/A        |               | 410       |
| Many Symptoms, One Solution  | 1995                | 1995       | 10/2022       | 106       |
| Member Survey Report 2017  | 2017                | 2017       | 11/2022       | 102       |
| New Group Starter Kit  | N/A                 | N/A        |               | 730       |
| New Prospect Card  | N/A                 | N/A        |               | 450       |
| OA Handbook for Members, Groups, and Service Bodies                        | 2015                | 1979       | 12/2022       | 120       |

|  |      |      |         |     |
|--|------|------|---------|-----|
| OA Members Come in All Sizes                                   | 2005 | 2005 | 2/2024  | 110 |
| One Day at a Time – wallet card                                | N/A  | N/A  |         | 430 |
| Pocket Reference for OA Members                                | 1994 | 1988 | 12/2022 | 435 |
| Public Information Professional Outreach (PIPO) Service Manual | 2023 | 2023 |         | 765 |
| Recovery Checklist   | 2011 | 1990 | 4/2023  | 105 |
| Service, Traditions, and Concepts Workshop Manual              | 2022 | 2019 |         | 773 |
| Seventh Tradition of OA  | 2023 | 1998 | 5/2023  | 802 |
| Sponsoring Through the Twelve Steps                            | 2012 | 2008 |         | 220 |
| Sponsorship Kit  | 2015 | N/A  |         | 210 |
| Strong Abstinence Checklist                                    | 2014 | 2014 | 5/2023  | 415 |
| Think First – wallet card                                      | 1995 | 1990 | 10/2022 | 109 |
| To Parents and Concerned Adults                                | 2015 | 1994 | 12/2022 | 250 |
| To the Family of the Compulsive Eater                          | 2018 | 1979 | 4/2023  | 240 |
| To the Man Who Wants to Stop Compulsive Eating                 | 1995 | 1979 | 11/2022 | 290 |
| To The Newcomer: You're Not Alone Anymore...                   | 2003 | 2012 | 12/2022 | 270 |
| To the Young Person  | 2010 | 1980 | 12/2022 | 280 |
| Tools of Recovery  | 2021 | 1981 | 12/2022 | 160 |
| Twelfth-Step-Within Handbook                                   | 2018 | 1993 | 10/2023 | 485 |
| Twelve Concepts of OA Service                                  | 2008 | 2001 | 9/2022  | 330 |
| Twelve Freedoms-wallet card                                    | 2021 | 2002 | 2022    | 447 |
| Twelve Stepping a Problem-wallet card                          | 2015 | 2015 |         | 420 |
| Twelve Traditions Pocket Guide                                 | 2016 | 2016 | 10/2023 | 445 |
| Welcome Back: Suggestions for Members in Relapse               | 2019 | 2019 | 12/2022 | 185 |
| When Should I Refer Someone to Overeaters Anonymous?           | 2019 | 2019 | 11/2023 | 770 |
| Where Do I Start?  | 2018 | 2018 | 12/2022 | 705 |

## Books

|  |      |      |        |      |
|--|------|------|--------|------|
| Abstinence, Second Edition               | 2013 | 1994 | 2/2021 | 994  |
| Alcoholics Anonymous, Fourth Edition     | 2001 | 1939 | 2018   | 1000 |
| A New Beginning                          | 1998 | 1998 | 5/2011 | 976  |
| Beyond Our Wildest Dreams                | 2005 | 1996 |        | 998  |
| Body Image, Relationships, and Sexuality | 2020 | 2020 | 5/2023 | 950  |
| For Today                                | 1982 | 1982 | 1/2023 | 984  |

|   |      |      |         |       |
|---|------|------|---------|-------|
| For Today Workbook  | 2013 | 2013 | 6/2023  | 974   |
| Lifeline Sampler  | 1995 | 1985 |         | 982   |
| Overeaters Anonymous, Third Edition                               | 2014 | 1980 | 11/2023 | 980   |
| Participants Guide  | 2020 | 2020 |         | 965   |
| Seeking the Spiritual Path  | 2007 | 2007 | 5/2021  | 978   |
| Taste of Lifeline   | 2015 | 2015 |         | 970   |
| Twelve Step Workbook of OA, Second Edition                        | 2018 | 2018 | 5/2023  | 992   |
| Twelve Traditions Workbook of OA                                  | 2022 | 2022 | 11/2022 | 952-2 |
| Twelve Steps and Twelve Traditions of OA, 2 <sup>nd</sup> Edition | 2018 | 1990 |         | 990-2 |
| Voices of Recovery, Second Edition                                | 2022 | 2002 |         | 986   |
| Voices of Recovery Workbook                                       | 2013 | 2012 | 4/2016  | 996   |