Overeaters Anonymous Third Edition

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<u>Overeaters Anonymous, Third Edition by Overeaters ...</u> OA 's third edition of the beloved Brown Book includes forty neverbefore-published stories by members from around the world, the complete text of "Our Invitation to You", the founder 's story, and a new foreword by an eating disorder treatment professional with a new appendix to help readers understand the importance of using the plan of eating Tool in finding abstinence.

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The joy and delight of losing weight is gone, and the effort of struggling with food, eating, and body weight is gone. 194 Overeaters Anonymous, Third Edition. The Twelve Step process teaches the individual a different way of

living—a way to create a joyful and useful life without the food ob- session.

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