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If you are interested in how the Big Book of Alcoholics Anonymous might help in your journey through Overeaters Anonymous, please click on the image to the left. This will take you to a page which contains documents as well as links to podcasts which might be helpful to you in your journey. This page is not affiliated with Overeaters Anonymous.

OA Big Book

The documents represent the views of a number of Overeaters Anonymous (OA) members who use the Big Book as a set of directions for working the Twelve Steps. The Step 4 forms and the Step 11 form were originally produced by Blaine D. of Winnipeg, Canada, who has graciously consented to their use; they have been slightly modified.

Basic Page - oabigbook.info

OA BIG BOOK CHERRY HILL NJ Kim Grike Spirituality 4.8 • 25 Ratings; Listen on Apple Podcasts. Overeaters Anonymous meeting studying the Big Book of Alcoholics Anonymous. Listen on Apple Podcasts. DEC 6, 2020; 12/06/20 - Amy B. - Poughkeepsie, NY - "How It Works" Part 2 12/06/20 - Amy B. - Poughkeepsie, NY - "How It Works" Part 2 ...

OA BIG BOOK CHERRY HILL NJ on Apple Podcasts

Compulsive eating is an illness of the body and mind, but there is a solution. By working the 12 steps precisely as outlined in the Big Book of Alcoholics Anonymous, we have found a way to live sober from our compulsive eating with a happiness and freedom that we had never imagined possible. JOIN A PHONE MEETING Phone and Face-to-Face Meetings

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OABBSG - OA Big Book Solution Group

Big Book Study Guide used in line-by-line Big Book meetings The Study Guide was written and is published by the Primary Purpose Group of Alcoholics Anonymous in Dallas, TX. [Click here to download.](#)

Big Book and Study Guide - oabigbooksolutiongroup.org

The Big Book OA stands for the proposition that the Twelve Steps give us freedom from the bondage of food. If the steps aren't working for you, then maybe you're not working the steps in a way that works for you. It might therefore be worth it to try the approach to the steps used in this step study, based on the Big Book.

CONTENTS

For questions or more information contact oabbsg@gmail.com ... [Google Sites](#)

OABBSG - Meetings

Joe and Charlie Big Book Study Recordings. When sober people talk about the program, the two most common names you'll hear tossed around are, of course, Bill and Bob. But there's another duo that are spoken about with nearly equal reverence: Joe McQ and Charlie P, a team of two men (who died in 2007 and 2011, respectively) known as Joe and ...

OABBSG - Recordings

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edition of Overeaters Anonymous. When first published, the Appendices were included to provide a professional perspective on the benefits of the Overeaters Anonymous recovery program— Appendices B, C, and D have been part of all three editions of the book. Appendix A was added to give readers more current

THIRD EDITION - Overeaters Anonymous

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505-891-2664 505-891-4320 fax Customer Service

Overeaters Anonymous, Inc.

To the Young Person: Updated and Released Exclusively as E-book About us. Overeaters Anonymous (OA) is a community of people who support each other in order to recover from compulsive eating and food behaviors. We welcome everyone who feels they have a problem with food.

Home - Overeaters Anonymous

Home Read the Big Book and Twelve Steps and Twelve Traditions Alcoholics Anonymous Alcoholics Anonymous This is the Fourth Edition of the Big Book, the basic text for Alcoholics Anonymous.

Alcoholics Anonymous : Alcoholics Anonymous

OA Big Book Study in Copenhagen, Denmark, 20.-22. september 2013. Lawrie C. from Winnipeg MB, Canada taking us on a journey through the steps found in the Big Book of Alcoholics Anonymous, a...

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OA Big Book Study, Copenhagen - YouTube

We are individuals recovering from compulsive overeating through the 12 Steps of Overeaters Anonymous and the teaching and practice outlined in the Big Book of Alcoholics Anonymous. Overeaters Anonymous: A Vision for You

Overeaters Anonymous: A Vision for You | ...and you will ...

BIG BOOK STUDY (British Summer time) *NOTE: These meetings are officially listed in British Summer Time on oa.org. For most of the year the meetings start at the times listed above in EST, but because the time changes in Europe a few weeks before/after the US, the start time may vary by an hour a couple of weeks out of the year.

OABBSG - Phone/Online Meetings

in the Big Book, such as the Step 3 Prayer (page 63), the Step 7 Prayer (page 76), the St. Francis Prayer (AA12&12, page 99), the Serenity Prayer, or any other prayer. Daily Prayer & Meditations Big Book, pages 87-8; Constantly remind yourself: I am no longer running the show. Say to yourself many times each day: Thy will be done.

STEP 11 PRAYERS AND MEDITATIONS - oabigbook.info

Lawrie C. presenting an Overeaters Anonymous Big Book Study (How OA members use the AA Big Book) Lawrie C. 4.7 out of 5 stars ...

An AA Big Book Study Guide for Compulsive Overeaters: C ...

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H. Remember that in the context of the Big Book, “ selfish ” doesn ’ t just mean “ wanting things my way for my own benefit ” ; it means “ wanting things my way for other people ’ s benefit ” as well. You can be selfish wanting only the best for other people, at least in the context of the Big Book. You are selfish if you want to play God.

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