

The OA Promise

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.

Beyond Our Wildest Dreams Page 107 ©2005

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A Lifelong Journey

We who began working the Steps in order to recover from compulsive eating now find that through them we have embarked on a lifelong journey of spiritual growth. From the isolation of food obsession we have emerged into a new world. We gratefully follow in the footsteps of many others who have walked this way before us, and we're gratified to be making footprints of our own for others to follow.

Those of us who live this program don't simply carry the message; we are the message. Each day that we live well, we are well, and we embody the joy of recovery which attracts others who want what we've found in OA. We're always happy to share our secret: the Twelve Steps of Overeaters Anonymous, which empower each of us to live well and be well, one day at a time.

Twelve Steps and Twelve Traditions of Overeaters Anonymous, Page 106 ©2008.

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Thousands of Compulsive Overeaters live in recovery all over the world!

"I have my life back"

"With OA I am living again and loving it"

"Recovery from compulsive overeating is THE most important thing in my life - without exception!"

"I came for the vanity and stayed for the sanity"



SCAN ME



QUIZ



OVEREATERS ANONYMOUS®

Region 9

www.oaheartofengland.co.uk

www.oagb.org.uk

www.oa.org

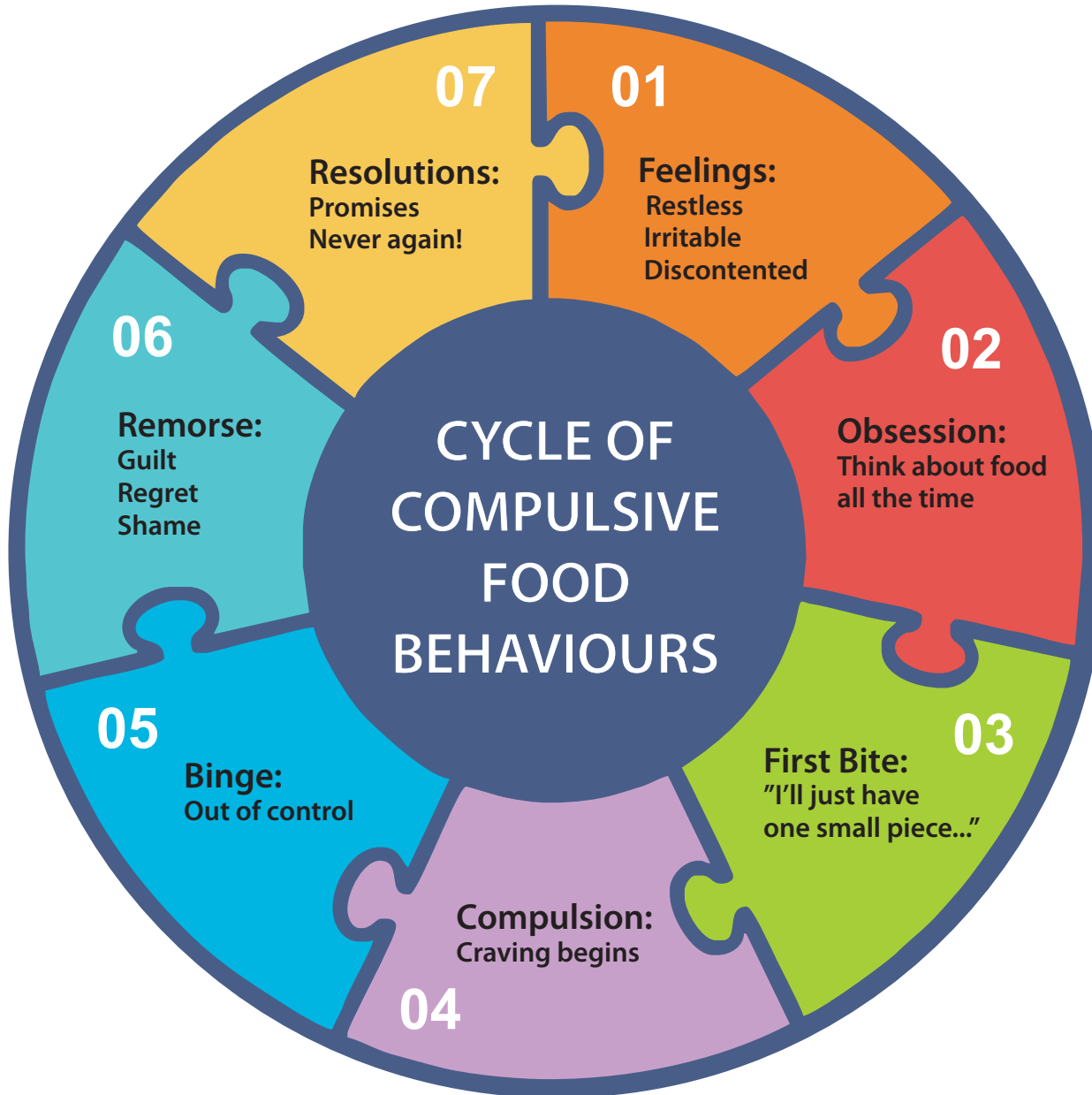
www.oaregion9.org

This literature has been locally produced by Overeaters Anonymous Region 9. The content reflects the experience, strength and hope of our local members. It is not OA Conference- or board- approved and does not represent OA as a whole. (10/2015)

DO YOU EAT compulsively?

SCAN ME

QUIZ



How do I get out of this cycle?
That is just it. YOU can't do it alone!

Start living the life you deserve with help from Overeaters Anonymous

What does OA offer?

Acceptance: Unconditional acceptance and support through OA meetings.

Understanding: By sharing with others who have the same compulsion, you will gain new insights into your problem.

Three-fold solution: Physical, Emotional and Spiritual. Recovery on all three levels.

Recovery: For each OA member it is highly personal. There are no rules, just suggestions. Those of us who choose to recover one day at a time practice the Twelve Steps. As a result of practicing the Steps, the symptoms of compulsive eating and compulsive food behaviours are removed on a daily basis. In so doing we achieve lasting freedom from our food obsession and a new way of life.

What should I do next?

- Take the quiz to see if you are a compulsive overeater – oa.org/newcomers/is-oa-for-you/
- Watch the Newcomers Welcome Video – oaregion9.org
- Go to a meeting near you – oa.org/membersgroups/find-a-meeting
- Read Newcomers information on the website - oa.org/newcomers
- Prioritize your recovery

Overeaters Anonymous - your steps to recovery!