

Cost	SKU#	Title	Description	Form
\$0.40	141	A Commitment to Abstinence	Suggests ways to reinforce your commitment to abstinence and develop a plan of eating.	Pamphlet
\$1.00	265	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 and gender identity, and cultural or religious backgrounds.	Pamphlet
\$0.75	200	A Guide for Sponsors	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."	Pamphlet
\$0.50	145	A Plan of Eating: A Tool for Living - One Day at a Time	Learn how to use a personal plan of eating as a tool, evaluate your eating history, deal with binge foods and behaviours, and define a new way of eating. (Note: This pamphlet does not provide specific plans.)	Pamphlet
\$0.20	130	A Program of Recovery	Pamphlet summarizes OA's Twelve-Step program, including 15 questions to help you determine if you are a compulsive eater.	Pamphlet
\$4.00	751	About OA	What is OA? How do members lose weight? Why is OA "anonymous"? How can I find meetings? Flyer answers these and other questions in an engaging summary. Pack of 20	Pamphlet
\$11.00	994	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.	book
\$11.00	1000	Alcoholics Anonymous	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.	book
\$1.00	390	Anonymity	OA's founder discusses the origins of the Eleventh and Twelfth Traditions and reviews anonymity as a spiritual principle.	Pamphlet
\$0.20	150	Before You Take That First Compulsive Bite, Remember...	What can you do when confronted with the urge to overeat? Find the tools and inspiration you need with this pamphlet's suggestions.	Pamphlet
\$13.50	998	Beyond Our Wildest Dreams	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. Softcover; 220 pages; indexed.	book
\$0.75	285	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 a different culture might feel coming into the program.	Pamphlet
\$1.50	440	Bulletin Board Attraction Sticky Notes #440W	Spread the OA message with this 3" x 5" note for display or distribution. Fill in your meeting location and time. Adhesive strip allows you to stick them on most surfaces without leaving marks. Pad of 25	Pamphlet
\$0.40	425	Carrying the Message (Wallet Card) #425P	With more than thirty tips, this pocket guide has great suggestions of what to say and what not to say when speaking to someone about Overeaters Anonymous for the first time. The wallet-size card also includes the Twelve Steps, Twelve Traditions, and OA Responsibility Pledge.	Pamphlet
\$0.25	320	Compulsive Overeating; An Inside View	"Our true insanity could be seen in the fact that we kept right on trying to find comfort in excess food, long after it began to cause us misery." Pamphlet looks inside the compulsive eater's mind.	Pamphlet
\$0.75	140	Dignity of Choice 140P	This pamphlet provides guidance to both new and longtime OA members in devising their own plans of eating. It covers topics such as: the difference between a plan of eating and abstinence, having a choice of plans, reviewing our eating patterns, "trigger" or "binge" foods, eating behaviors, structure and tolerance. The pamphlet provides six sample plans of eating (reviewed and approved by a licensed dietitian) with which some OA members have had success.	Pamphlet
\$0.15	755	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, it's a great tool for public information events.	Pamphlet
\$2.00	725	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, #10	Pamphlet
\$11.00	984	For Today	Offers inspiring and thought-provoking affirmations and readings for each day of the year, written especially for OA members. Pocket-sized, softcover, indexed; 374 pages.	book
\$7.50	974	For Today e-Workbook #974V	Gain new insights by using the tool of writing as you reflect on the daily readings in For Today. This accompanying workbook provides thought-provoking questions for each day in the book. This e-publication is a PDF download that gives you unlimited space to type your answers to the questions. You can save your answers and reopen the file to make future additions or changes. Although this file cannot be printed, if you wish to print a hard copy of your answers, you can copy-and-paste your text into a word-processing program. Works best on a PC or Mac computer with Adobe Reader (Version 7.0 and later). Not compatible with iPads, mobile devices or e-readers. This item is non-refundable.	Digital
\$11.00	974	For Today Workbook	A new way to use a favorite tool! Gain new insights as you reflect on the daily reading in For Today. This companion workbook provides thought-provoking questions for each reading in the book. Workbook includes two questions per page and provides space to write answers. Softcover; 208 pages.	book
\$4.50	491	Fourth-Step Inventory Guide	In-depth questions drawn from the OA "12&12" which will guide you through a Fourth-Step inventory based on specific character traits.	Pamphlet
\$3.00	491	Fourth-Step Inventory Guide PDF #491V	In-depth questions drawn from the OA "12&12" will guide you through a Fourth-Step inventory based on specific character traits. Electronic file gives unlimited space to answer the questions; file can be saved and reopened for future changes. Product is non-refundable. Product cannot be printed from your computer.	Digital
\$6.00	490	I Put My Hand in Yours	The "Red Book," written by OA's founder and first published in 1968 as a guide for OA groups, is considered the foundation of OA meetings.	Pamphlet
\$1.75	437	I Put My Hand in Yours (wallet card) #437K	Pocket-sized card contains the uplifting message first printed in 1968 in the book I Put My Hand in Yours. pack of 20	Pamphlet
\$0.40	180	If God Spoke to OA	A moving narrative that inspires OA members to reflect on how their experiences qualify them to help other compulsive eaters.	Pamphlet
\$0.15	753	Introducing OA to Health Care Professionals	Explains how OA complements professional care. Includes a questionnaire on eating behaviors.	Pamphlet

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\$0.20	780	Introducing OA to the Clergy	Provides information about OA and a questionnaire to help people determine if they are compulsive eaters.	Pamphlet
\$0.20	750	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. Provides a space for writing in your group or intergroup's contact information.	Pamphlet
\$0.40	410	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.	Pamphlet
\$3.00	820	Lifeline Back Issues #LL-1990-02	Select specific year and and issue to order.	Lifeline
\$13.50	982	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. Softcover; indexed; 448 pages.	book
\$23.00		Lifeline Subscription /LLN1	Discover the experience, strenght and hope of recovery! Subscription to Lifeline magazine	Lifeline
\$0.00	821	Lifeline Writer's Guidelines	Topic ideas and answers to questions and concerns about sending in stories and letters.	Pamphlet
\$0.60	310	Maintaining a Healthy Weight	Members discuss long-term maintenance and offer suggestions to OA members who have achieved a healthy weight.	Pamphlet
\$0.15	106	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.	Pamphlet
\$0.50	400	Members in Relapse	Members share actions they took to recover from relapse, and how their fellow OA members helped them by practicing the Twelfth Step within the Fellowship.	Pamphlet
\$0.30	102	Membership Survey Report	Educate professionals about the effectiveness of OA; summarizes results of the 2010 survey of the Fellowship.	Pamphlet
\$13.50	730	New Group Starter Kit	Everything you need to begin an OA meeting: Newcomer Packet and Newcomer Welcome Coins, Suggested Meeting Format, group registration form, sheets from Group Meeting Record Book, double copies of more than two-dozen pamphlets, Lifeline magazine, and suggestions for getting started.	Pamphlet
\$1.50	450	New Prospect Card #450K	Invite potential members to your meeting with this business-size card. Space for a local OA phone number. Pack of 30.	Pamphlet
\$8.00	740	Newcomer Meeting Leader's Kit	For groups that want to hold meetings for newcomers. Includes meeting guidelines, the OA Handbook and a selection of other OA literature.	Pamphlet
\$2.75	710	Newcomer Packet #710K	Greet the newcomers in your meetings with materials to help them get started. Packet includes the following: Dignity of Choice, #140; A Plan of Eating, #145; The Tools of Recovery, #160; To the Newcomer, #270; Questions and Answers, #170; Many Symptoms, One Solution, #106; Lifeline trial subscription card.	Pamphlet
	120	OA Handbook for Members, Groups and Service Bodies *REVISED AND EXPANDED 2015	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.	Pamphlet
\$1.25	110	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.	Pamphlet
\$2.50	430	One Day at a Time #430K	Wallet card contains the inspiring "One Day at a Time" message on one side and the Serenity Prayer on the other. Pack of 30.	Pamphlet
\$22.50	972	Overeaters Anonymous, Bundle, Second and Third Edition	Includes both the new "Overeaters Anonymous, 3rd Edition", and "Overeaters Anonymous, 2nd Edition". OA's second edition of the beloved Brown Book includes personal stories of recovering OA members, the complete text of "our Invitation to You", the founder's story and views of the program by non-OA professionals. OA's third edition includes forty never-before-published stories by members from around the world 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.	book
\$13.50	980	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, 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. Softcover, 232 pages. Also available as e-book on Kindle and Nook.	book
\$20.00	657	Overeaters Anonymous, Third Edition, downloadable MP3 file	Listen to the third edition of OA's beloved Brown Book while driving or doing physical activities. This downloadable MP3 file covers the entire text of the book and is read by members of the OA Fellowship. Please note that this product will be delivered in four separate downloadable files and may not be compatible with iPads or other mobile devices without a separate application. This item is non-refundable.	Digital
\$20.00	656	Overeaters Anonymous, Third Edition, set of 6 CDs	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
\$0.40	435	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.	Pamphlet
\$15.00	772	Professional Outreach Manual	Offers guidance on how to work in prisons, medical facilities, schools and other settings. Includes information on holding OA meetings in institutions. Three-hole punched and spiral bound.	Pamphlet
\$2.25	870	Professional Presentation Folder	Use at exhibits or to reach individual health care professionals. Contains the Courier newsletter for professionals, Introducing OA to Health Care Professionals, Membership Survey Report, Compulsive Overeating: An Inside View, and cover letter to the professional. 4" x 9" fits a standard envelope.	Pamphlet
\$15.00	762	Public Information Service Manual	Topics include speaking at non-OA events, working with the media and writing press releases. Includes materials to use at OA events. Spiral bound.	Pamphlet
\$0.85	170	Questions and Answers	This 16-page booklet answers questions and offers definitions about everything newcomers, members, professionals and the general public might want to know about OA.	Pamphlet
\$0.20	105	RECOVERY CHECKLIST	Questions 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.	Pamphlet

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\$9.50	978	Seeking the Spiritual Path: A Collection from Lifeline	More than 70 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.	book
\$12.00	773	Service, Traditions and Concepts Workshop Manual	Provides guidance on preparations and scheduling; workshop formats; and commonly asked questions about service, Traditions and Concepts. Includes transparency masters and script for presentations. Three-hole punched to fit a binder (not included).	Pamphlet
\$0.00	802	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.	Pamphlet
\$0.75	220	Sponsoring Through the Twelve Steps	Offers experience, strength and hope for sponsors who are guiding their sponsees through the Twelve Steps of Overeaters Anonymous. Includes recommended readings and thought-provoking questions.	Pamphlet
\$2.25	210	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 pocket card #415, Twelve Stepping a Problem pocket card #420, Abstinence Literature Resource Guide	Pamphlet
\$5.00	620	Start Living the Life You Deserve	Radio Public Service Announcement (PSA) Carry the OA message through your local radio stations with this PSA. Contains 60-, 30- and 15-second spots. Includes eye-catching packaging, script and cover letter to stations. CD	CD
\$0.40	415	Strong Abstinence Checklist and Writing Exercises (Wallet Card)	Use this valuable tool every day to support you in keeping you abstinence strong and intact. You may also use it as the focus for meetings and workshops.	Pamphlet
\$13.50	970	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. Included are stories for newcomers; stories about recovery from relapse; stories about long-term recovery; stories from international members; "Welcome Home!," OA's beloved story of outreach to compulsive eaters around the world; and many more. Also: Taste of Lifeline has journal questions to complement each chapter so you, your sponsee, and your group can use the Tool of writing to find and strengthen your recovery. Also available as e-book on Kindle and Nook.	book
\$0.20	752	The Courier	The Courier is OA's annual newsletter directed to hospitals, institutions, professionals and the military. You may order copies of the 2015 Courier for distribution in your area. Through the Courier, your intergroup carries OA's message to these institutions and professionals, making them aware of the existence of Overeaters Anonymous and of the recovery program it can offer to their clients, members and patients.	Pamphlet
\$7.50	992	The Twelve Step Workbook of Overeaters Anonymous e-Workbook #992V	Thought-provoking questions drawn from and page-referenced to The Twelve Steps and Twelve Traditions of Overeaters Anonymous. This e-publication is a PDF download that gives you unlimited space to type your answers to the questions. You can save your answers and reopen the file to make future additions or changes. Although this file cannot be printed, if you wish to print a hard copy of your answers, you can copy-and-paste your text into a word-processing program. Works best on a PC or Mac computer with Adobe Reader (Version 7.0 and later). Not compatible with iPads, mobile devices or e-readers. This item is non-refundable	Digital
\$13.50	990	The Twelve Steps and Twelve Traditions of Overeaters Anonymous	This comprehensive work provides a detailed, moving exploration of how OA's Steps and Traditions help members recover and how the Fellowship functions as a whole. Questions after each Tradition are designed to help strengthen your meeting. Softcover; 240 pages. Copyright 1990 ... 2011 Also available as an e-book on Kindle and Nook platforms	book
\$15.00	696	The Twelve Steps and Twelve Traditions of Overeaters Anonymous CD	Listen to OA's basic text while driving or doing physical activities. This four disc cd set covers the entire text of the book.	CD
\$11.00	992	The Twelve-Step Workbook of Overeaters Anonymous	Deepen and strengthen your program by answering thought-provoking questions drawn from and page-referenced to The Twelve Steps and Twelve Traditions of Overeaters Anonymous. Softcover; 128 pages.	book
\$0.40	109	Think First	When the compulsive urge strikes, instead of food, turn to this pocket-sized reminder for a quick and potent list of OA's alternatives. Wallet card.	Pamphlet
\$0.30	250	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.	Pamphlet
\$0.25	240	To the Family of the Compulsive Eater	Describes the disease of compulsive eating and changes in behavior or relationships that family members might experience.	Pamphlet
\$0.50	290	To the Man Who Wants to Stop Compulsive Overeating, Welcome	Pamphlet encourages male OA members with personal recovery stories by men in OA.	Pamphlet
\$0.40	270	To the Newcomer	Focuses on miracles of the OA program. Includes the 15 Questions and a section describing the importance of meetings. In-depth discussions on compulsive eating, the Steps, spirituality, a plan of eating and fellowship.	Pamphlet
\$0.60	280	To the Teen	Covers a broad range of disease manifestations, including anorexia, bulimia and overeating, in recovery stories written by teenage OA members. Questionnaire helps teens decide if they have a problem with food.	Pamphlet
\$0.15	756	To the Teen Questionnaire	Handy flyer with 14 questions for teens to help them answer the question, "Are you a compulsive eater?" Also includes space to fill in meeting information.	Pamphlet
\$0.45	160	Tools of Recovery	Find indispensable guidance on using the OA program's nine tools: a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity, and service.	Pamphlet
\$7.00	485	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; skit and promotional flyer; reading and writing tool; "Recovery Insurance Policy" for support and accountability.	Pamphlet
\$1.00	330	Twelve Concepts of OA Service	Helps OA members apply the Steps and Traditions in their service work. The Concepts, as explained in the pamphlet, define and guide the practices of the service structures that conduct the business of OA.	Pamphlet

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\$0.40	420	Twelve Stepping a Problem (Wallet Card)	Use the Twelve Steps of OA writing exercise 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.	Pamphlet
\$15.00	697	Twelve Steps and Twelve Traditions of OA - Downloadable MP3	Listen to OA's basic text while driving or during physical activities. MP3 Format. Please note that this product will be delivered in four separate downloadable files, may not be compatible with iPads or other mobile devices without a separate application. This item is non-refundable	Digital
\$11.00	986	Voices of Recovery	This daily reader contains inspirational quotations from OA literature and the experience, strength and hope of OA members. Pocket sized, softcover, indexed. 382 pages.	book
\$7.50	996	Voices of Recovery e-Workbook #996V	This e-workbook provides thought-provoking questions for each of the daily readings in Voices of Recovery. When answering these questions, it will be helpful to refer to either a printed copy or an e-reader copy of Voices of Recovery. This e-publication is a PDF download that gives you unlimited space to type your answers to the questions. You can save your answers and reopen the file to make future additions or changes. Although this file cannot be printed, if you wish to print a hard copy of your answers, you can copy-and-paste your text into a word-processing program. Works best on a PC or Mac computer with Adobe Reader (Version 7.0 and later). Not compatible with iPads, mobile devices or e-readers. This item is non-refundable.	Digital
\$11.00	996	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; includes space on each page for writing answers. Softcover; 212 pages.	book
\$0.20	190	Welcome Back	Offers inspiration and guidance for those who are returning after relapse. Covers topics of "Fear and Denial," "Powerlessness vs. Responsibility," and "The Myth of Perfection."	Pamphlet
\$2.50	721	Welcome Back, We Care! Packet #721K	Whether you are in relapse or think you or another member may be headed there, this kit provides tools to help you get back on track. Includes: Welcome Back, #190; Just for Today, #410; Think First, #109; Commitment to Abstinence, #141; The Tools of Recovery, #160; Dignity of Choice, #140; Recovery Checklist, #105; "Slipping and Sliding: A Reading and Writing Tool"; Lifeline trial subscription card.	Pamphlet
\$0.60	195	What If I Don't Believe in God?	Atheist and agnostic OA members share their insights into the program and tell how they found recovery and strength in the Twelve Steps.	Pamphlet
\$2.25	735	Young Person's Packet	A great way to reach young people and their parents or family members. Kit includes a cover letter, a selection of Lifeline stories related to young people, and the pamphlets To the Teen, A Plan of Eating, To Parents and Concerned Adults and Many Symptoms, One Solution.	Pamphlet