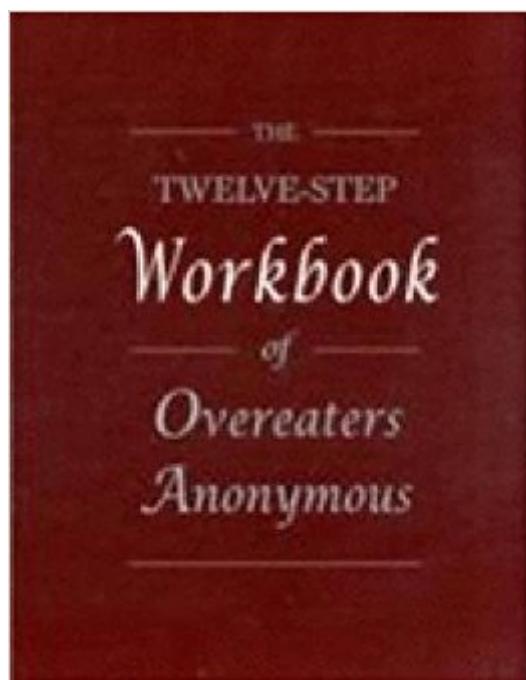


The book was found

The Twelve-Step Workbook Of Overeaters Anonymous



Synopsis

This companion to the basic text of Overeaters Anonymous asks thought-provoking questions and provides space in which to write out answers. By gently posing questions we might not have considered, this workbook helps us explore the subtle ways compulsive overeating has affected our life, relationships, and well-being.

Book Information

Paperback: 111 pages

Publisher: Overeaters Anonymous, Incorporated (January 15, 1993)

Language: English

ISBN-10: 0960989854

ISBN-13: 978-0960989850

Product Dimensions: 11 x 0.4 x 8.5 inches

Shipping Weight: 15.2 ounces

Average Customer Review: 4.4 out of 5 stars 31 customer reviews

Best Sellers Rank: #121,669 in Books (See Top 100 in Books) #114 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #5372 in Books > Parenting & Relationships #11038 in Books > Self-Help

Customer Reviews

Great book; this is a must have for anyone working the OA program. Great way to delve into your issues with food, and begin to understand why you may be overeating. I highly recommend! I also would purchase as I did via used section - it appeared brand new.

I really like this workbook! Get this...NOT the study guide.

It's helpful in working with newcomers.

Wonderful study

great place to get started in look at, face up to an eating dis-ease.

wonderful

Great resource for members of OA, cool way to work the steps and use tool of writing all in one !

Really helped our group discussions

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