

Download Journal To Recovery Overeaters

Anonymous

Overeaters Anonymous (OA) is a twelve-step program for people with problems related to food including, but not limited to, compulsive overeaters, those with binge eating disorder, bulimics and anorexics. Anyone with a problematic relationship with food is welcomed; OA's Third Tradition states that the only requirement for memberships is a desire to stop eating compulsively. "These Twelve Traditions are to the groups what the Twelve Steps are to the individual. They are suggested principles to ensure the survival and growth of the many groups that compose Overeaters Anonymous." –The Twelve Steps and Twelve Traditions of Overeaters Anonymous The Twelve Traditions of Overeaters Anonymous Our common welfare should come first; personal [...]Podcasts Virtual Workshops. Listen to recordings of virtual workshops on a variety of topics, including The Importance of Working All 12 Steps, OA Literature: The Heart and Soul of OA and Our Primary Purpose. Members share their experience, strength, and hope to bring the Twelve-Step program of Overeaters Anonymous to life. NJPN is a public health agency working to prevent substance abuse, addiction and other chronic diseases by building capacity among professionals, fostering positive collaboration among providers, and strengthening the field of prevention through the use of evidence-based practices and strategies.