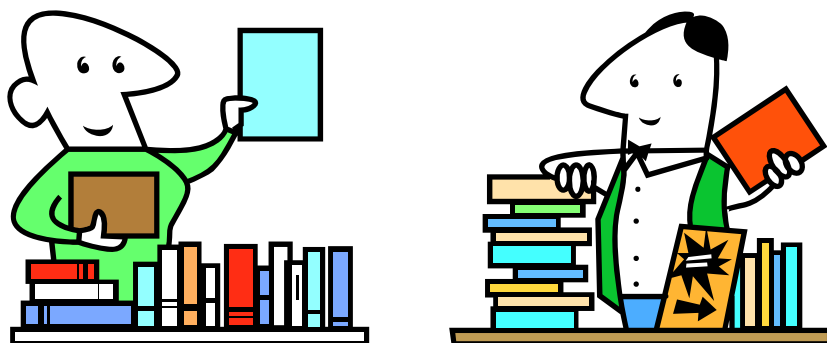


OA Literature

Overeaters Anonymous has a variety of books, pamphlets and workbooks that it considers to be conference-approved literature. You can purchase items online from our World Service Office at www.oa.org. You may also be able to purchase literature at OA meetings (some make a point to stock OA literature). Certain titles are also available at bookstores.



Lifeline is the international monthly magazine of Overeaters Anonymous, Inc. This colorful, illustrated monthly magazine also includes a calendar of events, answers to questions from the fellowship, and world service news. Both hard copy and online versions are available.

www.oa.org/Lifeline/signin.htm

Because OA is patterned after the Twelve-Step Alcoholics Anonymous program, any conference-approved AA literature is also OA approved.

The AA Big Book is online (it's not copyrighted), and this is the basic text for overeaters and alcoholics. It is available on their web site in three languages, English, Spanish and French.

www.aa.org

OA has developed a Spanish language pamphlet set, which is also available from the WSO web site. A catalog of Spanish language materials, written in Spanish, is available on this web site. Click on **En Español**.