OA-Approved Literature List

- **Statement on Approved Literature (Business Conference Policy Manual, 2010a [Amended 2012])**

  “In accordance with our Traditions, we suggest that OA groups maintain unity and honor our Traditions by using, selling, and displaying only approved books and pamphlets at their meetings. This includes OA Conference- and board-approved literature; AA Conference-approved books, booklets, and all future editions thereof, with original edition copyright 2010 or earlier; and locally produced OA literature. Locally produced literature must be developed according to OA Guidelines for Locally Produced Literature, and should be used with the greatest discretion. Local literature should be considered temporary and discontinued when OA literature approved for general use is available to cover the topic.”


  “It is the group conscience of the 1993 World Service Business Conference that the sale or display of literature other than OA-approved literature and AA conference-approved literature (as described in WSBC Policy 2010a) is an implied endorsement of outside enterprises, and therefore in violation with Tradition Six.”

- **OA Conference-approved literature**

  This literature has been reviewed according to the procedures for granting the Conference Seal of Approval, and the Conference has agreed that the material has broad application to the Fellowship as a whole.

**Books**
- Beyond Our Wildest Dreams (#998)
- Body Image, Relationships, and Sexuality (#950)
- For Today (#984)
- For Today Workbook (#974)
- Overeaters Anonymous, all editions (#980)
- The Twelve Steps and Twelve Traditions of Overeaters Anonymous, all editions (#990)
- Twelve Step Workshop and Study Guide, all editions (#960)
- Voices of Recovery, all editions (#986)
- Voices of Recovery Workbook (#996)

**Pamphlets**
- A Common Solution: Diversity and Recovery (#265)
- A Guide for Sponsors (#200)
- A Lifetime of Abstinence: One Day at a Time (#155)
- A New Plan of Eating (#144)
- Black OA Members Share Their Experience, Strength, and Hope (#285)
- If God Spoke to OA (#180)
- In OA, Recovery is Possible (#135)
- Many Symptoms, One Solution (#106)
- OA Cares (#260)
- OA Is Not a Diet Club (#111)
- OA Handbook for Members, Groups, and Service Bodies PDF (#120)
- OA Members Come in All Sizes: Welcome, Whatever Your Problem with Food (#110)
- Person to Person (#108)
- Recovery Checklist (#105)
- Sponsoring Through the Twelve Steps (#220)
- Temporary Sponsors: Newcomers First Twelve Days
- The Tools of Recovery (#160)
- The Twelve Concepts of OA Service (#330)
- The Twelve Steps and Twelve Traditions of OA: A Kid’s View

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1 Denotes a pamphlet is available in a separate PDF format on the OA website.
The Twelve Traditions of Overeaters Anonymous
Together We Can (#100)¹
To the Compulsive Overeater in the Military (#107)¹
To the Family of the Compulsive Eater (#240)
To the Man Who Wants to Stop Compulsive Overeating, Welcome (#290)²
To the Newcomer (#270)
To the Young Person (#280)²
Treatment and Beyond (#757)¹
Unity with Diversity Checklist PDF¹

Welcome Back: Suggestions for Members in Relapse and for Those Who Care (#185)
What If I Don’t Believe in “God”? (#195)¹

Wallet Cards
Just for Today (#410)
Pocket Reference for OA Members (#435)
Think First (#109)
Twelve Freedoms (#447)
Twelve Traditions Pocket Guide (#445)

Public Information Materials
About OA (#751K)
Bulletin Board Attraction Sticky Notes (#440W)
Compulsive Overeating—An Inside View (#320)¹
Fifteen Questions For The Young Person (#755)
Is Food a Problem for You? (#750)
New Prospect Card (#450K)
OA Posters¹
Public Information Service Manual (#762)
Professional Outreach Manual (#772)
Professional Presentation Folder (#870)
To Parents and Concerned Adults (#250)
Fifteen Questions For The Young Person (#756)
When Should I Refer Someone to Overeaters Anonymous? (#770)

Wallet Cards
Carrying the Message wallet card (#425)
I Put My Hand in Yours wallet card (#437)
“One Day at a Time” wallet card (#430)
Strong Abstinence Checklist wallet card (#415)
Twelve Stepping a Problem wallet card (#420)

Periodicals
A Step Ahead (online quarterly newsletter)
Courier (online newsletter)
Lifeline back issues (#820)

Audio and Audiovisual
“Many Symptoms, the OA Solution” (TV PSA)
AA Conference-approved literature

Following is AA literature that is also OA-approved.

The following list shows those AA-Conference-approved books and booklets with original copyright dates of 2010 or earlier.

AA Comes of Age
AA in Prison: Inmate to Inmate
Alcoholics Anonymous (Big Book)
As Bill Sees It
Came to Believe
Daily Reflections
Dr. Bob and the Good Oldtimers

Experience, Strength and Hope
Living Sober
Pass It On
AA Service Manual Combined with Twelve Concepts for World Service
The Twelve Steps and Twelve Traditions