

OA Handbook for Members, Groups, and Service Bodies: Your Guide to Recovery

If you are struggling with a compulsive eating disorder, the OA Handbook for Members, Groups, and Service Bodies can help you find recovery. This comprehensive guide provides essential information on the Twelve Steps and Twelve Traditions of OA, as well as practical advice on how to work the program in your own life.



OA Handbook for Members, Groups, and Service Bodies: Recovery Opportunities by George Holbrook

★★★★☆ 4.8 out of 5

Language	: English
File size	: 326 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 87 pages
Lending	: Enabled
Screen Reader	: Supported



The OA Handbook is divided into three parts:

- **Part One: The Basics of OA**
- **Part Two: The Twelve Steps and Twelve Traditions of OA**
- **Part Three: How to Work the OA Program**

Part One provides an overview of OA, including its history, purpose, and structure. It also discusses the different types of compulsive eating disFree Downloads and how OA can help you recover from them.

Part Two is a detailed explanation of the Twelve Steps and Twelve Traditions of OA. These principles are the foundation of the OA program, and they provide a roadmap for recovery.

Part Three provides practical advice on how to work the OA program. It covers topics such as finding a sponsor, working the Steps, and attending meetings.

The OA Handbook is an essential resource for anyone who is struggling with a compulsive eating disFree Download. It provides the information and guidance you need to find recovery.

Benefits of the OA Handbook

- Provides a comprehensive overview of OA
- Explains the Twelve Steps and Twelve Traditions of OA
- Offers practical advice on how to work the OA program
- Is an essential resource for anyone who is struggling with a compulsive eating disFree Download

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The OA Handbook for Members, Groups, and Service Bodies is available for Free Download online and at OA meetings. Free Download your copy today and start your journey to recovery.

OA Handbook for Members, Groups and Service Bodies

- Every group should have a current copy. (2008)
- Excellent discussion of use of group funds and group treasurer responsibilities.
- Order #120-\$2.25.



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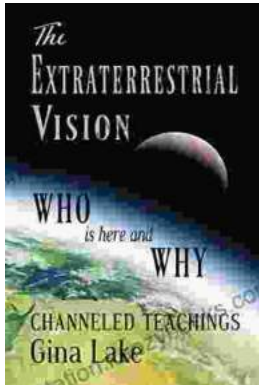
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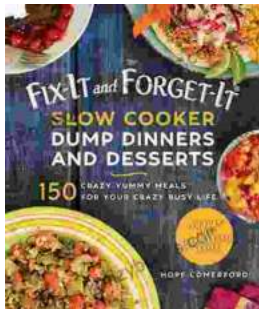
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