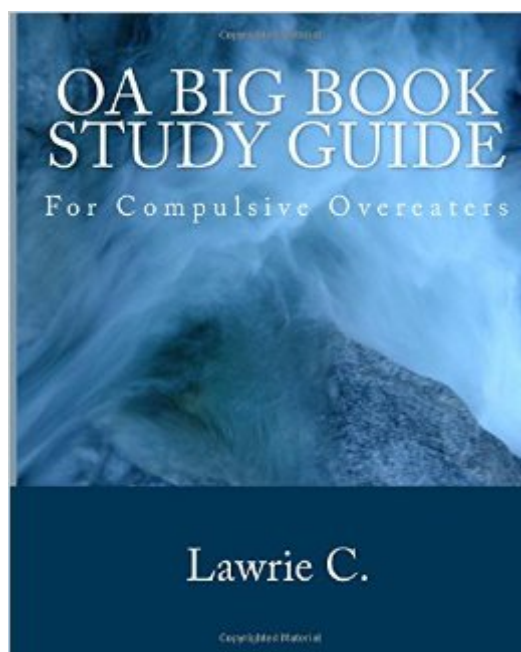


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OA Big Book Study Guide: For Compulsive Overeaters



Synopsis

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Customer Reviews

My recovery has taken a meaningful turn for the better as I use this excellent book. So many issues that I've not heard raised or discussed, during years of OA meetings, are found here. Particularly helpful have been the concepts of "allergy" (an abnormal reaction, a reaction that "normals" don't have) to certain foods and to certain other things, and the resulting unmanageable, addicted cravings - for those foods, for certain people or relationships, for other things - which are the very essence of our disease. Many OA groups have forgotten our roots - the generous sponsorship by recovering AAs of the very first OAs and the use of AA literature until OA could get on its own feet - and no longer have even a passing acquaintance with AA's Big Book. I am grateful for this study guide, and I recommend it to every member of the fellowship who still suffers, even if only slightly or only every now and then.

Gave me an outstanding guide for working the steps: definitions, examples, questions, and how to work your way through the steps with clarity.

This study guide has been incredibly helpful to me. Although I have been in program since 2012 and had almost 2 years of wonderful, serene abstinence, I relapsed approximately 1.5 years ago and have been in and out of the hell of compulsive eating since. I first found the e-book for Kindle and began reading it. That led me to download the print version from the website, which includes many excellent forms for use in working through the Step Four inventory. In combination with listening to a well-known AA workshop with "Joe and Charlie," this study guide is helping me gain a much deeper understanding of my true condition as a compulsive overeater and to solidify my understanding of working the Steps as outlined in the AA "Big Book." I now have a few days of abstinence behind me and a much greater hope that I can look forward to many more, taking it one day at a time with the help of my Higher Power. I am reviewing Steps One, Two, and Three in preparation for completing my inventory with the assistance of my sponsor. I see so much clearer now that the 12 Steps are quite simple and they are put down in a particular order for a very specific purpose: that I may recover from compulsive eating and compulsive food behaviors.

I found the big book hard to follow. I wasn't quite sure what I was supposed to be doing. I have a sponsor but not from program. She got what I wanted on her own. And although her advice has helped me there was a missing link. This filled in the link. I spent 4 to 5 months not even taking that first step but with this book I am on step 9 within two months. and once I get to that twelve step this is defiantly going to be a book I recommend. however this is not the only book in my collection. It takes many books. I have four now including the big book and once I finish this one and the other one that also goes through the steps I will start two more. Something that I find helpful to turn things over to God is to write them down then burn them. But now I wish I didn't write in the book because I had to rip off 3 pages. Cheap enough to buy a new one if I have to ;)

This study guide greatly adds to the content of the AA Big Book. It discusses and enlarges on it such that I am better able to do a more thorough Step 4 and more fully on the other steps.

Clear and soul searching in a logical, "time takes time" way. Step by step, I gained courage and confidence to attain my goals.

Excellent book for Over Eaters. Simple to understand. Clarifies the steps. Important for a good program of recovery.

This is a great book to use as a guide in helping with your food addiction recovery. Its very easy to read and understand and helps in working the steps.

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