

OVEREATERS 12 STEPS

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[Twelve Steps - The 12 Steps of Overeaters Anonymous](#)
Our way of life, based on these twelve steps and twelve traditions, has brought us physical, emotional and spiritual healing, that we don't hesitate to call miraculous. What works for us will work for you, too. The Twelve Steps and Twelve Traditions of Overeaters Anonymous The Twelve Steps of Overeaters Anonymous We admitted we were
[The 12 Steps of OA - Overeaters Anonymous Ireland](#)
The 12 Steps of Overeaters Anonymous The Twelve Steps are the heart of the OA recovery program. They offer a new way of life that enables the compulsive eater to live without the need for excess food.

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Read the 12 Steps of Overeaters Anonymous Twelve Steps of Overeaters Anonymous. For a delightfully simple approach to the Twelve Steps of OA download A Kid's View of the 12 Steps and 12 Traditions of Overeaters Anonymous.

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The 12 Steps as used in Overeaters Anonymous
[The 12 Steps | Unity Intergroup - Overeater's](#)

The 12 Steps. The Twelve Steps are the heart of the Overeaters Anonymous recovery program. They offer a new way of life that enables the compulsive overeater to live without the need for excess food.

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[What are the 12 Steps of OA? OA Great Britain](#)
step 12 Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs. Reprinted with permission from the World Service Organization of Overeaters Anonymous

[OA 12 Steps - oasouthernaz.org](#)

[OA 12 Steps](#). Here are the steps as adapted for Overeaters Anonymous: We admitted we were powerless over food, that our lives had become unmanageable. Came to believe that a Power greater than ourselves could restore us to sanity. Made a decision to turn our will and our lives over to the care of God as we understood Him . Made a searching and fearless moral inventory of ourselves. Admitted to

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