

# Resources



## PAMPHLETS:

- *A Commitment to Abstinence*
- *A Plan of Eating: A Tool for Living*
- *Before You Take That First Compulsive Bite*
- *Dignity of Choice*
- *Is Food a Problem for You?*
- *Maintaining a Healthy Weight*
- *Many Symptoms, One Solution*
- *Members in Relapse*
- *Questions and Answers*
- *Recovery Checklist*
- *The Tools of Recovery*
- *Think first*
- *Welcome Back*



## BOOKS:

- *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*
- *Abstinence, Second Edition*
- *Alcoholics Anonymous, 4th edition – specifically “The Doctor’s Opinion”*

**‘ABSTINENCE POWERPOINT’**

**STRONG ABSTINENCE CHECKLIST**

