

DIGITAL FILES IN TRANSLATION

For information on receiving copies of these translations, please contact either the service body that translated the literature or the Publications Department at the World Service Office.

Note: Under the “Discontinued Literature” headings, you will find translations of materials that are not OA-approved literature anymore. Please use them only until a new translation of the current/replacement OA-approved literature is completed in your language.

OA’s World Service Office has digital copies of the following translated materials:

Afrikaans (AFRI)

106 *Many Symptoms, One Solution*
160 *Tools of Recovery*
270 *To the Newcomer*
705 *Where Do I Start?*
OA Glossary

Discontinued Literature

170 *Questions and Answers*
140 *Dignity of Choice*
145 *A Plan of Eating*

Arabic (ARAB)

705 *Where Do I Start?**
990 *The Twelve Steps and Twelve Traditions of OA, First Edition*
Strong Abstinence Checklist*
Suggested Meeting Format, including Tools of Recovery and Our Invitation to You
Unity With Diversity Checklist*

Bahasa Indonesia (BAHA)

705 *Where Do I Start?**

Chinese (CHIN)

705 *Where Do I Start?**
990 *The Twelve Steps and Twelve Traditions of OA, First Edition*

Danish (DANI)

802 *Seventh Tradition of OA*

A Sponsor's Toolbox
Balanced Sponsor/Sponsee Relationship, The
Strong Abstinence Checklist*
PI Poster: STOP

Dutch (DUTC)

106 *Many Symptoms, One Solution*
160 *Tools of Recovery*
270 *To the Newcomer*
415 *Strong Abstinence Checklist and Writing Exercise* wallet card
990 *The Twelve Steps and Twelve Traditions of OA, First Edition*
990-2 *The Twelve Steps and Twelve Traditions of OA, Second Edition*
992 *Twelve Step Workbook of OA, Second Edition*
PI Posters: Fork, Pizza, Scale
Strong Abstinence Checklist*
Suggested Meeting Format (including Tools of Recovery and Our Invitation to You)

Discontinued Literature

140 *Dignity of Choice*
141 *A Commitment to Abstinence*
145 *A Plan of Eating*
150 *Before You Take That First Compulsive Bite, Remember*
170 *Questions and Answers*
710K *Newcomer Packet*

Finnish (FINN)

705 *Where Do I Start?**
992 *The Twelve Step Workbook of OA, Second Edition*

Flemish (FLEM)

PI Posters: Fork, Pizza, Scale

French (FREN)

144 *A New Plan of Eating*
155 *A Lifetime of Abstinence*
160 *The Tools of Recovery*
420 *Twelve Stepping a Problem* wallet card
425 *Carrying the Message* wallet card
445 *Twelve Traditions Pocket Guide*
447 *Twelve Freedoms* wallet card
705 *Where Do I Start?*
802 *Seventh Tradition of OA*

950 *Body Image, Relationships, and Sexuality*
 970 *Taste of Lifeline*
 978 *Seeking the Spiritual Path*
 990-2 *The Twelve Steps and Twelve Traditions of OA, Second Edition*
 992 *The Twelve Step Workbook of OA, First Edition*
 992 *The Twelve Step Workbook of OA, Second Edition*
 994 *Abstinence, Second Edition* NEWCOMER STORIES
 Abstinence and Recovery Policy (Business Conference Policy 1988b [amended 2019])
 Abstinence Presentation
 Amazing Recovery – Passport to Unity Workshop
 Balanced Sponsor/Sponsee Relationship, The
 Breaking Out of Relapse PowerPoint
 Breaking Out of Relapse Script
 Embracing Our Differences
 Glossary
 Google advertisements
 Group Conscience Guidelines
 Guidelines for Addressing Disruptive Behavior
 Guidelines for Anonymity in the Digital World
 How OA Changed My Life (Newcomer’s Stories)
 How to Be an Effective Trusted Servant
Lifeline articles from April 2020 issue
 OA-Approved Literature List
 OA Preamble
 OA Promise
 Our Invitation to You
 PI Posters: Fork, Pizza, Refrigerator, Scale
 Recovery Roadmap Workshop & Map
 Responsibility Pledge
 Sharing OA-Copyright Material Electronically
 Simplicity Project (Twelfth Step Within)
 Statement on Public and Social Media Policy (Business Conference Policy 2011a [amended 2019])
 Step-Study Meeting Format
 Strong Abstinence Checklist*
 Strong Meeting Checklist*
 Strong Meeting Checklist
 Suggested Meeting Format
 Temporary Sponsors: Newcomers’ First Twelve Days
 To Atheists and Agnostics
 Tools of Recovery (abridged)
 Twelve Concepts of OA Service
 Twelve Stepping a Problem
 Unity With Diversity Checklist*
 Website Development Guidelines

Welcome Home (abridged)

German (GERM)

110 & 725 *OA Members Come in All Sizes AND Anorexia and Bulimia*
120 *OA Handbook*
160 *Tools of Recovery*
230 *Twelve Traditions of OA*
240 *To the Family*
270 *To the Newcomer*
330 *Twelve Concepts of OA Service (1-4 only)*
390 *Anonymity*
445 *Twelve Traditions Pocket Guide*
485 *Twelfth-Step-Within Handbook*
751 *About OA*
770 *When Should I Refer Someone to Overeaters Anonymous? (modified)*
773 **(fragment)** *Service, Traditions, and Concepts Workshop Manual*
802 *Seventh Tradition*
970 *Taste of Lifeline*
974 *For Today Workbook*
976 *A New Beginning*
978 *Seeking the Spiritual Path*
980 *Overeaters Anonymous, Third Edition (Brown Book)*
984 *For Today*
986 *Voices of Recovery*
990 *The Twelve Steps and Twelve Traditions of OA, First Edition*
990-2 *The Twelve Steps and Twelve Traditions of OA, Second Edition*
992 *The Twelve Step Workbook of Overeaters Anonymous, First Edition*
994 *Abstinence*
996 *Voices of Recovery Workbook*
140, 145, 310, 400, AND 220 — A Compilation **(140, 145, 310 and 400 DISCONTINUED)**
Been Slipping and Sliding? A Reading and Writing Tool
ESH from IG Chairs (Shares for Service Support) source: oaregion9.org
For Atheists and Agnostics
Glossary
How Miracles Happen (8 Q&A)
PI Poster: Many Cakes
Public Information pamphlet
Recovery Checklist
Regions Map
Strong Abstinence Checklist*
Twelve Concepts - An Introduction
Workshop Suggestions
Website Development Guidelines

Discontinued Literature:

100 *Together We Can*
130 *A Program of Recovery*
150 *Before You Take That First Compulsive Bite, Remember*
170 *Questions and Answers*
190 *Welcome Back*
195 *What If I Don't Believe in God?*
260 *OA Cares*
265 *A Common Solution: Diversity and Recovery*
320 *Compulsive Overeating - Inside View*
491 *Fourth-Step Inventory*
740 *Newcomer Meeting Leader's Kit*
762 *Public Information Service Manual*

Greek (GREEK)

102 *2017 Member Survey*
105 *Recovery Checklist*
109 *Think First* wallet card
155 *A Lifetime of Abstinence*
160 *The Tools of Recovery*
240 *To the Family*
330 *Twelve Concepts of OA Service*
390 *Anonymity*
410 *Just For Today* wallet card
415 *Strong Abstinence Checklist and Writing Exercise* wallet card
420 *Twelve Stepping a Problem* wallet card
425 *Carrying the Message* wallet card
430 *One Day at A Time* wallet card
435 *Pocket Reference for OA Members*
445 *Twelve Traditions Pocket Guide*
705 *Where Do I Start?*
802 *Seventh Tradition of OA*
950 *Body Image, Relationships, and Sexuality*
960-2 *Twelve Step Workshop and Study Guide, Second Edition*
974 *For Today Workbook*
978 *Seeking the Spiritual Path*
980 *Overeaters Anonymous, Third Edition*
986 *Voices of Recovery*
990-2 *The Twelve Steps and Twelve Traditions of OA, Second Edition*
992 *The Twelve Step Workbook of Overeaters Anonymous, Second Edition*
994 *Abstinence, Second Edition*
998 *Beyond Our Wildest Dreams*
2025 *Annual Appeal Letter from Your World Service Office*
Guidelines for Translation of OA Literature and Materials
OA Business Glossary

OA Glossary

PI Poster: Pizza

Recovery: What Works for You? 2024 Survey Results

Service Pyramid

Strong Abstinence Checklist*

Suggested Meeting Format

Suggested Online Meeting Format

Temporary Sponsors: Newcomers' First Twelve Days

Twelve Stepping a Problem

Discontinued Literature

108 *Person to Person*

141 *A Commitment to Abstinence*

140 *Dignity of Choice*

145 *A Plan of Eating*

150 *Before You Take That First Compulsive Bite, Remember*

265 *A Common Solution: Diversity and Recovery*

310 *Maintaining a Healthy Body Weight*

437 *I Put My Hand in Yours* wallet card

753 *Introducing OA to Health Care Professionals*

Hebrew (HEBR)

200 *A Guide for Sponsors*

705 *Where Do I Start?*

770 *When Should I Refer Someone to Overeaters Anonymous?*

952 *The Twelve Traditions Workbook of Overeaters Anonymous*

990-2 *The Twelve Steps and Twelve Traditions of OA, Second Edition*

992 *The Twelve Step Workbook of Overeaters Anonymous, First Edition*

OA Glossary

PI Posters: Fork, Pizza

Strong Abstinence Checklist*

Hungarian (HUNG)

144 *A New Plan of Eating*

160 *The Tools of Recovery*

200 *A Guide for Sponsors*

270 *To the Newcomer*

330 *Twelve Concepts of OA Service*

445 *Twelve Traditions Pocket Guide*

750 *Is Food A Problem For You?*

755 *Fifteen Questions*

978 *Seeking the Spiritual Path*

980 *Overeaters Anonymous, Third Edition*

990-2 *The Twelve Steps and Twelve Traditions of OA, Second Edition*

994 *Abstinence, Second Edition*
Fifteen Questions
OA Information Cards
PI Poster: Pizza
Public Service Announcement captions
Strong Abstinence Checklist

Discontinued Literature

141 *A Commitment to Abstinence*
140 *Dignity of Choice*
145 *A Plan of Eating*
150 *Before You Take That First Compulsive Bite, Remember*
190 *Welcome Back*
170 *Questions and Answers*
320 *Compulsive Eating—An Inside View*
753 *Introducing OA to Health Care Professionals*
780 *Introducing OA to the Clergy*

Icelandic (ICEL)

Strong Abstinence Checklist*
Unity With Diversity Checklist*
160 *Tools of Recovery* (circa 1990)
435 *Pocket Reference for OA Members*
705 *Where Do I Start?*
986 *Voices of Recovery*
990 *The Twelve Steps and Twelve Traditions of OA, First Edition*
OA Glossary

Discontinued Literature:

130 *A Program of Recovery*
140 *Dignity of Choice*
141 *A Commitment to Abstinence*
150 *Before You Take That First Compulsive Bite, Remember*
170 *Questions and Answers*

Italian (ITAL)

155 *A Lifetime of Abstinence*
705 *Where Do I Start?*
725 *Anorexia and Bulimia Packet*
759 STOP Public Information Poster
773 Service, Traditions, and Concepts Workshop **PowerPoint Presentation**
802 *Seventh Tradition of OA*
950 *Body Image, Relationships, and Sexuality*
952 *The Twelve Traditions Workbook of Overeaters Anonymous*

960-2 *Twelve Step Workshop and Study Guide, Second Edition*
965 *Participant Guide for Twelve Step Workshop and Study Guide, Second Edition*
974 *For Today Workbook*
982 *Lifeline Sampler*
986 *Voices of Recovery* revised
990 *The Twelve Steps and Twelve Traditions of OA, First Edition*
990-2 *The Twelve Steps and Twelve Traditions of OA, Second Edition*
994 *Abstinence, Second Edition*
998 *Beyond Our Wildest Dreams*
Business Glossary
Guidelines for Addressing Disruptive Behavior
Guidelines for Locally Produced Literature
Guidelines for OA Events
OA Promise
OA Glossary
OA-Approved Literature List
PI Posters: Scale, Step One
Serenity Prayer
Strong Abstinence Checklist*
Temporary Sponsors: Newcomers' First Twelve Days
Translations Workshop
Unity with Diversity Checklist
Unity with Diversity Presentation

Discontinued Literature

491 *Fourth Step Inventory Guide*
772 *Professional Outreach Manual*

Japanese (JAPA)

445 *Twelve Traditions Pocket Guide*
705 *Where Do I Start?**
960 *Twelve Step Workshop and Study Guide*
990 *The Twelve Steps and Twelve Traditions of OA, First Edition*
A Tribute to OA's Founder, Rozanne S.
Balanced Sponsor/Sponsee Relationship, The
Embracing Our Differences letter from the Board of Trustees
Guidelines for Small Meetings: Help and Hope
Importance of Working the Steps Workshop
Newcomers Meetings: A Leader's Kit
OA Glossary
Our Invitation to You
Strong Abstinence Checklist*
Strong Meeting Checklist*
Suggested Meeting Format
Temporary Sponsors: Newcomers' First Twelve Days

Unity With Diversity Checklist*

Discontinued Literature

740 *Newcomer Meeting Leader's Kit*

Korean (KORE)

003 Responsibility Pledge

705 *Where Do I Start?**

PI Posters: Fork, Scale

OA Promise

Discontinued Literature

753 *Introducing OA to Health Care Professionals*

Latvian (LATV)

705 *Where Do I Start?*

974 & 985 *For Today and For Today Workbook (one document)*

990-2 *The Twelve Steps and Twelve Traditions of OA, Second Edition*

992 *The Twelve Step Workbook of Overeaters Anonymous, First Edition*

Lithuanian (LITH)

750 *Is Food a Problem for You?*

751 *About OA*

755 *Fifteen Questions*

Discontinued Literature

141 *A Commitment to Abstinence*

140 *Dignity of Choice*

145 *A Plan of Eating*

Mongolian (MONG)

705 *Where Do I Start?**

Norwegian (NORW)

705 *Where Do I Start?**

990 *The Twelve Steps and Twelve Traditions of OA, First Edition (pp. 109–207)*

992 *The Twelve Step Workbook of Overeaters Anonymous, First Edition*

PI Posters: Refrigerator, Scale

Persian (formerly Farsi) (PERS)

102 *Membership Survey Report (2010)*
 106 *Many Symptoms, One Solution*
 110 *OA Members Come in All Sizes*
 120 *OA Handbook for Members, Groups, and Service Bodies*
 144 *A New Plan of Eating*
 160 *The Tools of Recovery*
 180 *If God Spoke to OA*
 240 *To the Family*
 250 *To Parents and Concerned Adults*
 290 *To the Man Who Wants to Stop Compulsive Overeating, Welcome*
 390 *Anonymity: Meanings and Applications of Traditions Eleven and Twelve*
 410 *Just For Today*
 435 *Pocket Reference for OA Members*
 447 *Twelve Freedoms*
 705 *Where Do I Start?**
 705 *Where Do I Start?*
 725 *Selected Stories from Anorexia/Bulimia Packet*
 751 *About OA*
 752 *The Professional Community Courier, Issue I*
 756 *To the Teen Questionnaire*
 773 *Service, Traditions, and Concepts Workshop Manual*
 802 *Seventh Tradition of OA*
 952 *The Twelve Traditions Workbook of Overeaters Anonymous*
 960 *Twelve Step Workshop and Study Guide*
 974 *For Today Workbook*
 976 *A New Beginning*
 984 *For Today*
 986-2 *Voices of Recovery, Second Edition*
 990 *The Twelve Steps and Twelve Traditions of OA, First Edition*
 992 *The Twelve Step Workbook of Overeaters Anonymous, First Edition*
 994 *Abstinence, Second Edition*
 996 *Voices of Recovery Workbook*
 998 *Beyond Our Wildest Dreams*
 Abstinence Presentation
 Affiliation and Participation Flow Chart
 Ask-It Basket archive 2010-2019
 Bylaws of the Virtual Region of OA, Inc. - Adopted January 20, 2019
 Bylaws Basics Overview
 Introduction to the Sample Service Body Bylaws
 Lifeline information
 Newcomer Welcome Coin Event (TSW)
 OA Glossary
 OA Group Inventory
 OA Intergroup or Service Board Inventory
 OA Region Inventory
 Poster: "Is Food a Problem for You?"

Poster: "There is a Solution"
Recovery from Relapse Meeting Format
Sample Bylaws Template for Intergroup
Sample Bylaws Template for National Service Board
Sample Bylaws Template for Service Board
Sample Bylaws Template for Special-Focus or Language Service Board
Sample New Business Motion and Bylaw Amendment Instructions and Template for WSBC
Serenity Prayer
Service Pyramid
Suggested Meeting Format
Suggestions for Starting an Intergroup/Service Board
Temporary Sponsors: Newcomers' First Twelve Days
Tenth Step Daily Inventory card
Why Service? from oa.org: <https://oa.org/why-service/>

Discontinued Literature

108 *Person to Person*
140 *Dignity of Choice*
141 *A Commitment to Abstinence*
190 *Welcome Back*
260 *OA Cares*
280 *To the Teen*
320 *Compulsive Overeating—An Inside View*
400 *Members in Relapse*
437 *I Put My Hand in Yours*
491 *Fourth Step Inventory Guide*
753 *Introducing OA to Health Care Professionals*

Polish (POLI)

106 *Many Symptoms, One Solution*
109 *Think First*
110 *OA Members Come in All Sizes*
144 *A New Plan of Eating*
160 *The Tools of Recovery*
180 *If God Spoke to OA*
200 *A Guide for Sponsors*
220 *Sponsoring Through the Twelve Steps*
230 *Twelve Traditions of OA*
240 *To the Family*
250 *To Parents and Concerned Adults*
270 *To the Newcomer*
390 *Anonymity*
410 *Just for Today* wallet card
420 *Twelve Stepping a Problem* wallet card

445 *Twelve Traditions Pocket Guide*
755 *Fifteen Questions*
759 STOP Public Information Poster
770 *When Should I Refer Someone to Overeaters Anonymous?*
802 *Seventh Tradition of OA*
950 *Body Image, Relationships, and Sexuality*
976 *A New Beginning*
978 *Seeking the Spiritual Path*
980 *Overeaters Anonymous, Third Edition*
984 *For Today*
986 *Voices of Recovery*
988 *Overeaters Anonymous, Second Edition*
990 *The Twelve Steps and Twelve Traditions of OA, First Edition*
990-2 *The Twelve Steps and Twelve Traditions of OA, Second Edition*
992 *The Twelve Step Workbook of Overeaters Anonymous, First Edition*
994 *Abstinence, Second Edition*
996 *Voices of Recovery Workbook*
Fifteen Questions
*Strong Abstinence Checklist**

Discontinued Literature

130 *A Program of Recovery*
141 *A Commitment to Abstinence*
140 *Dignity of Choice*
145 *A Plan of Eating*
150 *Before You Take That First Compulsive Bite, Remember*
170 *Questions and Answers*
190 *Welcome Back*
195 *What If I Don't Believe In "God"?*
310 *Maintaining a Healthy Body Weight*
400 *Members in Relapse*

Portuguese (PORT)

105 *Recovery Checklist*
106 *Many Symptoms, One Solution*
110 *OA Members Come in All Sizes*
120 *OA Handbook for Members, Groups, and Service Bodies*
180 *If God Spoke to OA*
200 *A Guide For Sponsors (2018)*
230 *Twelve Traditions of OA*
240 *To the Family*
270 *To the Newcomer*
330 *Twelve Concepts of OA Service (2017)*
485 *Twelfth-Step-Within Handbook*
705 *Where Do I Start?*

725 *Anorexia/Bulimia Packet*
802 *Seventh Tradition of OA*
960 *Twelve Step Workshop and Study Guide*
974 *For Today Workbook*
976 *A New Beginning*
982 *Lifeline Sampler*
984 *For Today*
986 *Voices of Recovery*
988 *Overeaters Anonymous, Second Edition*
990 *The Twelve Steps and Twelve Traditions of OA, First Edition*
990-2 *The Twelve Steps and Twelve Traditions of OA, Second Edition*
992 *The Twelve Step Workbook of Overeaters Anonymous, Second Edition*
994 *Abstinence*
998 *Beyond Our Wildest Dreams*
Abstinence Literature Resource Guide
Founder Recording from 1994
Guidelines for Addressing Disruptive Behavior
Guidelines for Anonymity in the Digital World
OA Glossary
OA Group Inventory (from Virtual CCA)
OA Preamble
PI Posters: Fork, Pizza, Refrigerator, Scale
Seventh Tradition Table Card
Strong Abstinence Checklist (from Portugal AND Brazil)
Temporary Sponsors: Newcomers' First Twelve Days
Twelve Stepping a Problem
Unity With Diversity Checklist*
Unity With Diversity Statement
Videoconference Meeting Training and Security/Preventive Measures

Discontinued Literature

100 *Together We Can*
111 *OA is Not a Diet Club*
130 *A Program of Recovery*
141 *A Commitment to Abstinence*
140 *Dignity of Choice*
145 *A Plan of Eating*
150 *Before You Take that First Compulsive Bite, Remember*
170 *Questions and Answers*
190 *Welcome Back*
195 *What If I Don't Believe in "God?"*
310 *Maintaining a Healthy Weight (You've Reached Goal Weight–Now What? (1996))*
400 *Members In Relapse*
762 *Public Information Service Manual*

Romanian (ROMA)

705 *Where Do I Start?*
984 *For Today*
990-2 *The Twelve Steps and Twelve Traditions of OA, Second Edition*

Russian (RUSS)

106 *Many Symptoms, One Solution*
109 *Think First*
120 *OA Handbook for Members, Groups, and Service Bodies*
135 *In OA, Recovery Is Possible*
144 *A New Plan of Eating*
160 *Tools of Recovery*
270 *To the Newcomer*
280 *To the Young Person*
410 Just for Today wallet card
445 *Twelve Traditions Pocket Guide*
705 *Where Do I Start?*
759 STOP Public Information Poster
770 *When Should I Refer Someone to Overeaters Anonymous?*
802 *Seventh Tradition of OA*
950 *Body Image, Relationships, and Sexuality*
960 *Twelve Step Workshop and Study Guide*
970 *Taste of Lifeline*
980 *Overeaters Anonymous, Third Edition*
984 *For Today*
986-2 *Voices of Recovery, Second Edition*
990 *The Twelve Steps and Twelve Traditions of OA, First Edition*
990-2 *The Twelve Steps and Twelve Traditions of OA, Second Edition*
992 *The Twelve Step Workbook of OA, Second Edition*
994 *Abstinence, Second Edition*
OA Glossary
Strong Abstinence Checklist*
Strong Meeting Checklist*
Suggested Meeting Format
Twelve Steps and Twelve Traditions of OA (single document)
Unity With Diversity Checklist*

Discontinued Literature

140 *Dignity of Choice*
145 *A Plan of Eating*
170 *Questions and Answers*

Serbian (SERB)

705 *Where Do I Start?**

Slovenian (SLOV)

705 *Where Do I Start?*

Spanish (SPAN)

105 *Recovery Checklist*

109 *Think First*

106 *Many Symptoms, One Solution*

110 *OA Members Come in All Sizes*

120 *OA Handbook for Members, Groups, and Service Bodies*

135 *In OA, Recovery Is Possible* – Colombia

135 *In OA, Recovery Is Possible* – Mexico

144 *A New Plan of Eating*

144 *A New Plan of Eating* – Colombia

155 *A Lifetime of Abstinence* – Colombia

160 *Tools of Recovery*

180 *If God Spoke to OA*

200 *A Guide for Sponsors*

220 *Sponsoring Through the Twelve Steps*

230 *Twelve Traditions of OA*

240 *To the Family*

270 *To the Newcomer*

290 *To the Man Who Wants to Stop Eating Compulsively, Welcome*

330 *Twelve Concepts of OA Service*

390 *Anonymity*

410 *Just for Today* wallet card

415 *Strong Abstinence Checklist and Writing Exercise* wallet card

420 *Twelve Stepping a Problem*

445 *Twelve Traditions Pocket Guide*

485 *Twelfth-Step-Within Handbook*

705 *Where Do I Start?*

705 *Where Do I Start?* – Colombia

725 *Anorexia/Bulimia Stories*

750 *Is Food a Problem for You?*

751 *About OA*

752 *Courier 2015*

755 *Fifteen Questions*

756 *To the Teen Questionnaire*

802 *Seventh Tradition of OA*

950 *Body Image, Relationships, and Sexuality* – Mexico

950 *Body Image, Relationships, and Sexuality* – Colombia

950 *Body Image, Relationships, and Sexuality* – Spain

952 *The Twelve Traditions Workbook of Overeaters Anonymous*

960-2 *Twelve Step Workshop and Study Guide, Second Ed.* – Colombia

970 *Taste of Lifeline* – Mexico
 974 *For Today Workbook*
 976 *A New Beginning*
 976 *A New Beginning* – Mexico
 978 *Seeking the Spiritual Path*
 980 *Overeaters Anonymous, Third Edition*
 982 *Lifeline Sampler*
 984 *For Today*
 986 *Voices of Recovery*
 988 *Overeaters Anonymous, Second Edition*
 990 *The Twelve Steps and Twelve Traditions of OA, First Edition*
 990-2 *The Twelve Steps and Twelve Traditions of OA, Second Edition*
 992 *The Twelve Step Workbook of Overeaters Anonymous, First Edition*
 992 *The Twelve Step Workbook of Overeaters Anonymous, Second Edition*
 994 *Abstinence, Second Edition (plus Newcomers' Stories translated as own document)*
 998 *Beyond Our Wildest Dreams*
A Step Ahead Q2 2018
A Step Ahead Q1 2023
 A Sponsor's Toolbox
 Abstinence Presentation
 Amazing Recovery – Passport to Unity Workshop **[partially translated]**
 Convention 2017 handout (with *Voices of Recovery* excerpts)
Courier 2013
Courier Issue 2
 Disruptive Behavior Guidelines
 Fifteen Questions
 Fundraising and Prudent Reserve Guidelines
 Group Inventory
 Guidelines for a Group Conscience Meeting
 How to Be an Effective Trusted Servant
 OA Business Glossary
 OA Glossary
 OA Preamble
 Our Invitation to You
 PI Posters: Fork, Pizza, Refrigerator, Scale, Donut
 Planning a Sponsorship Workshop
 Sharing OA-Copyright Material Electronically
 Simplicity Project
 Sponsorship Success Online Workshop
 Step Study Meeting Format
 Strong Abstinence Checklist
 Strong Meeting Checklist
 Suggested Meeting Format
 Temporary Sponsors: Newcomers' First Twelve Days
 Temporary Sponsors: Newcomers' First Twelve Days – Colombia

To Atheists and Agnostics
Tools of Recovery, Abridged
Twelve Steps
Twelve Traditions
Twelve Stepping a Problem
Unity With Diversity Checklist*
Uniting With Diversity Trifold
Videoconference Meeting Training and Security/Preventive Measures
Website Development Guidelines

Spanish Language Virtual Service Board (JSVHP) translations (JVHP)

License 1 (Agreement to Translate)
License 2 (Agreement to Publish and Distribute)
Courier 2018
A Step Ahead 3Q 2018

Discontinued Literature

130 *A Program of Recovery*
141 *A Commitment to Abstinence*
140 *Dignity of Choice*
145 *A Plan of Eating*
150 *Before You Take That First Compulsive Bite, Remember*
170 *Questions and Answers*
190 *Welcome Back*
195 *What If I Don't Believe In "God"?*
265 *A Common Solution*
280 *To the Teen*
310 *Maintaining a Healthy Body Weight*
320 *Compulsive Overeating—An Inside View*
400 *Members in Relapse*
491 *Fourth Step Inventory Guide*
753 *Introducing OA to Health Care Professionals*
762 *Public Information Service Manual (2018)*
772 *Professional Outreach Manual*
780 *Introducing OA to the Clergy*

Swedish (SWED)

802 *Seventh Tradition of OA*
984 *For Today*
Strong Abstinence Checklist*
Strong Meeting Checklist*
Unity With Diversity Checklist*

Zulu (ZULU)

705 *Where Do I Start?**

OA Glossary

*Translations created by a professional translations company commissioned by OA, Inc.

Rev. May 5, 2025