

## 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.

Additionally, many literature documents posted on oa.org are **now available to auto-translate directly from the web page** using the “Translate” drop-down menu at the top of the window. If you need assistance with this process, please email [info@oa.org](mailto:info@oa.org).

Finally, under the “Discontinued Literature” headings of this document, you will find translations of materials that are not considered 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*  
Responsibility Pledge  
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)

759 STOP Public Information Poster

802 *Seventh Tradition of OA*

990 *The Twelve Steps and Twelve Traditions of OA, First Edition*

A Sponsor's Toolbox

Balanced Sponsor/Sponsee Relationship, The  
Strong Abstinence Checklist\*

### Dutch (DUTC)

106 *Many Symptoms, One Solution*

160 *Tools of Recovery*

270 *To the Newcomer*

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

Responsibility Pledge

Strong Abstinence Checklist\*

**Strong Abstinence Checklist and Writing Exercise**

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*

415 **Strong Abstinence Checklist and Writing Exercise wallet card**

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*  
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)

### **Discontinued Literature**

447 *Twelve Freedoms* wallet card

### 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*  
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*  
140, 145, 310, 400, and 220 — A Compilation  
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  
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*  
954 *Diverse Voices*  
960-2 *Twelve Step Workshop and Study Guide, Second Edition*

974 *For Today Workbook*  
978 *Seeking the Spiritual Path*  
980 *Overeaters Anonymous, Third Edition (Brown Book)*  
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\*  
Strong Abstinence Checklist and Writing Exercise  
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*  
415 *Strong Abstinence Checklist and Writing Exercise* wallet card  
437 *I Put My Hand in Yours* wallet card  
753 *Introducing OA to Health Care Professionals*

### Hebrew (HEBR)

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\*

### **Discontinued Literature**

200 *A Guide for Sponsors*

Hungarian (HUNG)

144 *A New Plan of Eating*

160 *The Tools of Recovery*

270 *To the Newcomer*

330 *Twelve Concepts of OA Service*

445 *Twelve Traditions Pocket Guide*

705 *Where Do I Start?*

750 *Is Food A Problem For You?*

755 *Fifteen Questions*

976 *A New Beginning*

978 *Seeking the Spiritual Path*

980 *Overeaters Anonymous, Third Edition (Brown Book)*

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*

200 *A Guide for Sponsors*

320 *Compulsive Eating—An Inside View*

753 *Introducing OA to Health Care Professionals*

780 *Introducing OA to the Clergy*

Icelandic (ICEL)

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

Strong Abstinence Checklist\*

Unity With Diversity Checklist\*

**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  
Responsibility Pledge  
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*

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*

**986-2 *Voices of Recovery, Second Edition* AUDIOBOOK**

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*  
447 *Twelve Freedoms*

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*  
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*  
952 *The Twelve Traditions Workbook of Overeaters Anonymous*  
954 *Diverse Voices*  
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*  
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*  
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"?*  
200 *A Guide for Sponsors*  
220 *Sponsoring Through the Twelve Steps*  
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*  
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?"*  
200 *A Guide For Sponsors (2018)*  
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 (Brown Book)*  
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*  
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  
 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* (Brown Book)  
 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*  
*A Tribute to OA's Founder, Rozanne S.*  
*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  
Responsibility Pledge  
Sharing OA-Copyright Material Electronically  
Simplicity Project  
Sponsorship Success Online Workshop  
Step Study Meeting Format  
Strong Abstinence Checklist  
Strong Abstinence Checklist and Writing Exercise  
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\*  
Unity 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"?*  
200 *A Guide for Sponsors*  
220 *Sponsoring Through the Twelve Steps*  
265 *A Common Solution*  
280 *To the Teen*  
310 *Maintaining a Healthy Body Weight*  
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400 *Members in Relapse*  
415 *Strong Abstinence Checklist and Writing Exercise* wallet card  
491 *Fourth Step Inventory Guide*  
753 *Introducing OA to Health Care Professionals*  
762 *Public Information Service Manual (2018)*  
772 *Professional Outreach Manual*  
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802 *Seventh Tradition of OA*  
984 *For Today*  
Strong Abstinence Checklist\*  
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Zulu (ZULU)

705 *Where Do I Start?\**  
OA Glossary

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