

MEN IN OA

We want your story!



Overeaters Anonymous is updating our existing publication welcoming men to OA with the intention of expanding the representation of men in OA. We are seeking stories that express your experience with compulsive eating and what brought you to OA.

Some ideas to get you started:

- How have food, weight, and body image affected your life and health?
- Share your experience of compulsive eating:
 - » Overeating
 - » Restricting
 - » Under-eating
 - » Excessive exercise
 - » Binge eating
 - » Chronic dieting
- What made you walk through the doors of OA?
- What was your experience at your first OA meeting? What were the positives? Negatives?
- What made you decide OA was for you?
- How has working the OA program changed your life? What hope would you like to share with the man new to OA?

Submission Requirements

- Submissions are assumed intended for publication, are subject to editing, and become the property of OA, Inc.
- Submissions are not returned.
- All submissions must contain the author's full name and address. You may request anonymity with publication. Your state, province, or country may remain anonymous if you so indicate.
- Submissions must be submitted with a signed release form.
- Submissions of approximately **400-800** words with a title are preferred.

Due by September 15, 2023

**Email your story to
info@oa.org
with subject line
"To the Man"**



To the Man, Welcome Story RELEASE FORM

(must be included with all submissions)

Stories must be received by the World Service Office by September 15, 2023

AUTHORIZATION AND RELEASE FOR SUBMITTED STORY

I warrant that I am the sole owner and original author of the accompanying submitted story ("Story"), and that I have the full right and authorization to submit the Story to Overeaters Anonymous ("OA"). I understand and authorize OA to edit, copy, distribute, publish, reproduce, or copyright the Story for any lawful purpose. By submitting my Story to OA, I agree that it becomes the property of OA, will not be returned, and may be used in any type of distribution media.

I agree that I will make no monetary or other claim against OA for the use of the Story. I waive any right to inspect or approve the finished product wherein my Story appears. I hereby hold harmless and release OA from all claims, demands, and causes of action that I, my heirs, representatives, executors, administrators, or any other persons acting on my behalf (or on behalf of my estate) have or may have by reason of this authorization.

I have read the authorization and release information and give my consent for the use as indicated above.

Printed Name: _____

Signature: _____

Date: _____

Author's Contact Information (required):

Include your full name, address, email, and phone.

Author's Attribution:

For authors desiring anonymity in publication, please indicate specifically whether this applies to your name, city, state, and/or country.
