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## **Abstinence, 2nd Edition: Members of Overeaters Anonymous Share Their Experience, Strength and Hope** Overeaters Anonymous

One of OA's most popular books has been expanded and updated with 50 percent new stories. This book is a collection of stories and essays on the topic of abstinence. All were written by members of the Overeaters Anonymous Fellowship and were published in *Lifeline*, OA's international magazine of recovery. Whether you are a longtimer with many years of abstinence, a member struggling with recovery or relapse, or a newcomer to whom the subject of abstinence may still be a mystery, may you find encouragement, help, and direction within these pages.

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