

## Literature

We read OA-approved books such as *Overeaters Anonymous, Second Edition*; *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*; *Voices of Recovery*; *For Today*; and *Alcoholics Anonymous*. We also study and read OA-approved pamphlets and *Lifeline*, our magazine of recovery. Many OA members find that reading literature daily further reinforces how to live the Twelve Steps and the Twelve Traditions. All our literature provides insight into our problem of eating compulsively, strength to deal with it, and the very real hope that there is a solution for us.