

## The Nine Tools of Recovery

In Overeaters Anonymous, abstinence is the action of refraining from compulsive eating and compulsive food behaviors.

In working Overeaters Anonymous' Twelve Step program of recovery, we have found that there are a number of tools available to assist us on a regular basis, to help us to achieve and maintain abstinence.

The following documents are the updated (May 2010 World Service Business Conference) versions of the tools and we encourage our members to begin using them at our local OA meetings in Central Jersey.