

# Overeaters Anonymous

原著	<b>Overeaters Anonymous</b>	
副題		
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備考	1980 First Edition. 2001 Second edition  <a href="https://www.amazon.co.jp">amazon.jp</a>	

## 解説

OA's third edition of the beloved Brown Book includes forty never-before-published stories by members from around the world, the complete text of “Our Invitation to You”, the founder's story, and a new foreword by an eating disorder treatment professional with a new appendix to help readers understand the importance of using the plan of eating Tool in finding abstinence.

[Overeaters Anonymous Book Store](#)

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