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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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