



### Sound Bites from Overeaters Anonymous Archives Available

Sound Bites from Overeaters Anonymous (OA) is dedicated to educating you about recovery from compulsive eating using OA's 12-step program. In OA you'll find members who are obese, overweight, average weight, underweight, still maintaining some control over or totally unable to control their eating behaviors. Symptoms include eating binges, grazing, obsession with food and body weight, starving, purging through laxative abuse, excessive exercise or vomiting, inability to stop eating certain foods, secret binges, and yo-yo dieting. In OA, members find acceptance and understanding, support and co

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