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November 21st 2012:100+ Pounds to Lose—Is There Hope for Me in OA?

It is not unusual to find people in Overeaters Anonymous (OA) who are now at a healthy weight, and have been for many years, but were once 100 pounds or more overweight. They often suffered debilitating physical illnesses from their weight, like diabetes, high blood pressure, high cholesterol, and lack of mobility due to painful back and joints. And they may have suffered loneliness, rejection, fear, and isolation due to their size as well. In this episode, OA members who have lost well over 100 pounds—and kept it off —share how they did it, what their lives are like now, and show that there i

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