

## **What brought us here?**

OA is a worldwide Fellowship, open to all who have the desire to stop eating compulsively. Compulsive eating behaviors may include overeating, undereating, anorexia, bulimia, laxative or drug abuse, over exercising, or any combination of these actions. Some of these behaviors may have begun in early childhood, but we believe that compulsive eating is progressive. It can have a dramatic effect on the daily lives, relationships, physical health and aspirations of people at any age.

## **Why we stay**

You may feel that you are alone, struggling with feelings of powerlessness and shame over your compulsive eating, body image and weight. You may wonder if anyone else feels the way you do. We can tell you that many of us in OA have found recovery and freedom from the crippling effects of compulsive overeating. Members of all ages have discovered that the 12 Steps of Overeaters Anonymous offer a common solution for all who wish to recover. You are not alone.