



Slender Steps to Sanity

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Eating disorders made us sick, and our lives sicker. In the Twelve-Step format of Overeaters Anonymous we tell what it was like, what happened, and what's happening now. Short answers: Ouch! Whoa! Whee!!!! We come to OA for weight loss, but find that's just a side effect! Slender Steps to Sanity explores the Twelve Steps originated by Alcoholics Anonymous through notes of hope based on personal history, scripture passages, observations from life, and the stories of others in recovery. Slender Steps to Sanity is for people ready to look at out-of-control eating habits and much more. The stories, poetry and meditations hold the keys to a recovery physical, mental, and spiritual.

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