

About OA 12-Step Workshops & How to Get Literature You'll Need to Participate

For Virtual Region workshops info,
please email stepstudy@oavirtualregion.org for more information.

About the workshops:

- The workshops Step Study will be fifteen 2-hour sessions, sandwiched between an introductory and a review meeting, so a total of seventeen weeks.
- Potential group members should be willing to attend all sessions.
- Workshops will be closed after the introductory session.

Literature Needed for 12-Step Workshop

Literature with asterisks (**) is what you will need the most. While there are free links to the AA literature, it is suggested that you buy a copy if you can afford it.

***Twelve Step Workshop and Study Guide, Second Edition*

- Print:
<https://bookstore.oa.org/books/-twelve-step-workshop-and-study-guide-second-edition-960-2.asp>
- Print Participant edition:
<https://bookstore.oa.org/participant-guide-for-twelve-step-workshop-and-study-guide-965.asp>
- Digital:
<https://bookstore.oa.org/digital-products/the-twelve-step-workbook-of-overeaters-anonymous-e-workbook-992.asp>
- Digital (Kindle):
https://www.amazon.com/Twelve-Workshop-Study-Guide-Second-ebook/dp/B086WNRRGB?ref_ast_author_dp

***The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*

- Print:
<https://bookstore.oa.org/books/the-twelve-steps-and-twelve-traditions-of-overeaters-anonymous-second-edition-990-2.asp>
- Digital (Kindle):
https://www.amazon.com/Twelve-Steps-Traditions-Overeaters-Second-ebook/dp/B07BJ7FBF3?ref_ast_author_mpb

***For Today (only 1 edition available)*

- Print: <https://bookstore.oa.org/books/for-today-984.asp>
- Digital (Kindle):
https://www.amazon.com/Today-Overeaters-ebook/dp/B004DI7IZA?ref_ast_author_dp

****Voices of Recovery, Second Edition**

- Print: <https://bookstore.oa.org/books/voices-of-recovery-a-daily-reader-second-edition-987-2-bk.asp>
- Digital (Kindle): https://www.amazon.com/Voices-Recovery-Daily-Reader-Second-ebook/dp/B0B99L2RTS?ref=ast_author_dp

Overeaters Anonymous, Third Edition

- Print: <https://bookstore.oa.org/books/overeaters-anonymous-third-edition-980.asp>
- Digital (Kindle): https://www.amazon.com/Overeaters-Third-ebook/dp/B00O3NGBGW?ref=ast_author_dp

Alcoholics Anonymous, 4th Edition

- Print: <https://bookstore.oa.org/books/alcoholics-anonymous-fourth-edition-1000.asp> or <https://onlineliterature.aa.org/products/books/big-books-all-languages-and-formats>
- Digital (Kindle): https://www.amazon.com/Alcoholics-Fourth-official-Book-Alcoholic-ebook/dp/B08T3JS3XS?ref=ast_author_dp
- Digital (free): <https://www.aa.org/the-big-book>

Alcoholics Anonymous Twelve Steps & Twelve Traditions

- Print: <https://onlineliterature.aa.org/Twelve-and-Twelve-Regular-Edition?quantity=1>
- Digital (Kindle): https://www.amazon.com/Twelve-Steps-Traditions-Essential-Alcoholics-ebook/dp/B08T21WLVY/ref=sr_1_2?qid=1639579691&refinements=p_27%3AInc.%20Alcoholics%20Anonymous%20World%20Services&s=digital-text&sr=1-2&text=Inc.%20Alcoholics%20Anonymous%20World%20Services
- Digital (free): <https://www.aa.org/twelve-steps-twelve-traditions>

Additional suggested literature

Tools of Recovery, pamphlet #160

- Print: <https://bookstore.oa.org/pamphlets/the-tools-of-recovery-helping-us-live-and-work-the-twelve-steps-160.asp>
- Digital (Kindle): https://www.amazon.com/Tools-Recovery-Helping-Twelve-Steps-ebook/dp/B09JWYNN1Z?ref=ast_author_dp

A Lifetime of Abstinence, pamphlet #155 (formerly “A Commitment to Abstinence,” #141)

- Print:
<https://bookstore.oa.org/pamphlets/a-lifetime-of-abstinence-one-day-at-a-time-155.asp>
- Digital (Kindle):
https://www.amazon.com/Lifetime-Abstinence-One-Day-Time-ebook/dp/B08SGD7WKK/?_encoding=UTF8&pd_rd_w=v1RqN&content-id=amzn1.sym.ed85217c-14c9-4aa0-b248-e47393e2ce12&pf_rd_p=ed85217c-14c9-4aa0-b248-e47393e2ce12&pf_rd_r=138-3826302-7992103&pd_rd_wg=hAZfa&pd_rd_r=9cc7cb7e-142c-4cbb-b890-4d6bc1fa3d5a&ref_=aufs_ap_sc_dsk

A New Plan of Eating, pamphlet #144 (combines 2 former pamphlets: “A Plan of Eating,” #145, & “Dignity of Choice,” #140)

- Print:
<https://bookstore.oa.org/pamphlets/a-new-plan-of-eating-a-physical-emotional-and-spiritual-journey-144.asp>
- Digital (Kindle):
https://www.amazon.com/New-Plan-Eating-Emotional-Spiritual-ebook/dp/B09D17YSQB/?_encoding=UTF8&pd_rd_w=v1RqN&content-id=amzn1.sym.ed85217c-14c9-4aa0-b248-e47393e2ce12&pf_rd_p=ed85217c-14c9-4aa0-b248-e47393e2ce12&pf_rd_r=138-3826302-7992103&pd_rd_wg=hAZfa&pd_rd_r=9cc7cb7e-142c-4cbb-b890-4d6bc1fa3d5a&ref_=aufs_ap_sc_dsk