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## **Overeaters Anonyous**

原著	Overeaters Anonymous	
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## 解説

OA's third edition of the beloved Brown Book includes forty never-before-published stories by members from around the world, the complete text of "Our Invitation to You", the founder's story, and a new foreword by an eating disorder treatment professional with a new appendix to help readers understand the importance of using the plan of eating Tool in finding abstinence.

Overeaters Anonymous Book Store

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