



## Slender Steps to Sanity (Paperback)

By Oa Stepper

Silver Boomer Books, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. 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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### Reviews

*This book might be worth a read, and superior to other. Of course, it really is engage in, still an interesting and amazing literature. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- Prof. Valentin Hane MD

*Complete manual! Its such a great study. It really is writter in straightforward phrases rather than hard to understand. You are going to like the way the article writer create this publication.*

-- Ike Fadel