



# Twelve Steps For Overeaters: An Interpretation Of The Twelve Steps Of Overeaters Anonymous

*Elisabeth L.*

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## **Twelve Steps For Overeaters: An Interpretation Of The Twelve Steps Of Overeaters Anonymous**

Elisabeth L.

The author of the popular *Food for Thought* takes a fresh, in-depth look at the Twelve Steps of Overeaters Anonymous. Each chapter carefully examines and interprets each of the individual Steps.

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