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Anonymous, Third Edition include a letter from a great friend of OA ' s; Dr. M. Ler- ner provides an updated perspective on Overeaters Anonymous as an “ indispensable support ” for people who suffer from the disease of compulsive eating.

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with problems  
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including, but not  
limited to,  
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overeating, under-  
eating, food



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bulimia, binge  
eating, or  
overexercising.

Anyone with a  
problematic  
relationship with  
food is welcomed,  
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foundation for a  
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Twelve Steps for  
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Andrea Wachter,  
LMFT, is coauthor  
of The Don ' t Diet,  
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and Mirror, Mirror  
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Breaking the “ I Feel Fat ” Spell. She has over twenty-five years of experience working with children, teens, adults, families, and groups. Wachter is passionate about helping people who are struggling with eating disorders, body image, substance abuse,



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