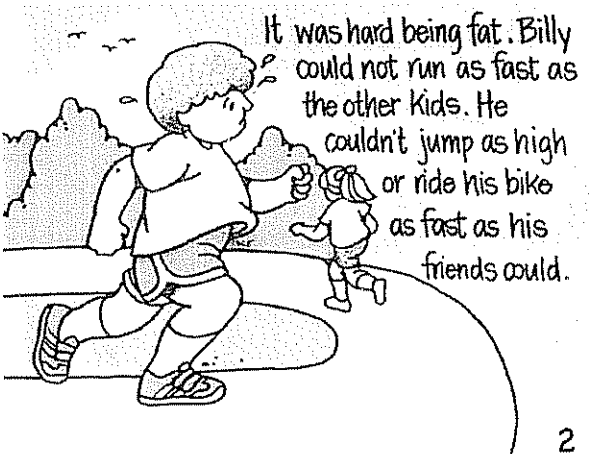


Billy was tired of being teased. His mom said he ate too much. His friends said he was fat.

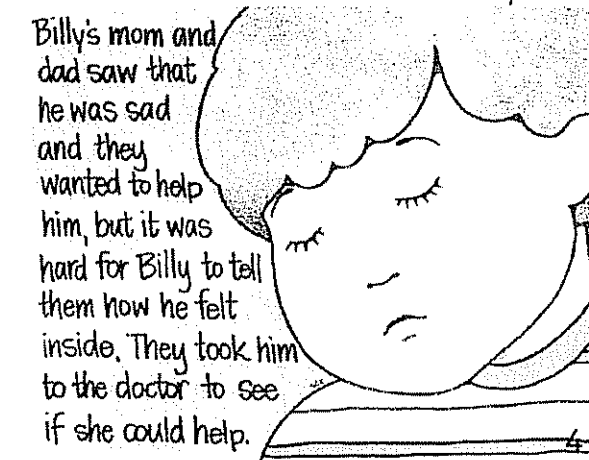


It was hard being fat. Billy could not run as fast as the other kids. He couldn't jump as high or ride his bike as fast as his friends could.

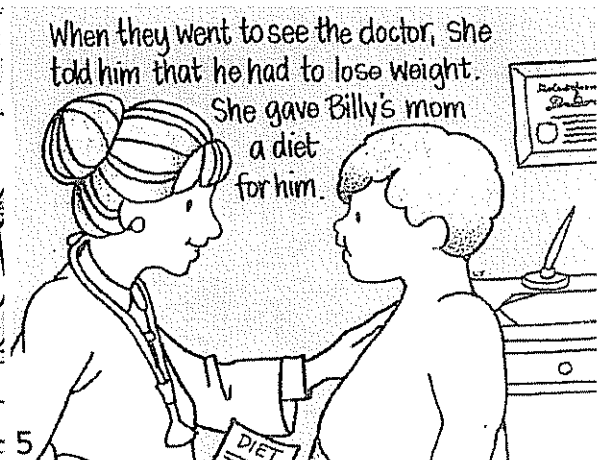


He felt sad sometimes about all this. Sometimes he did not even want to try anymore. It was easier to sit at home alone.

2 3

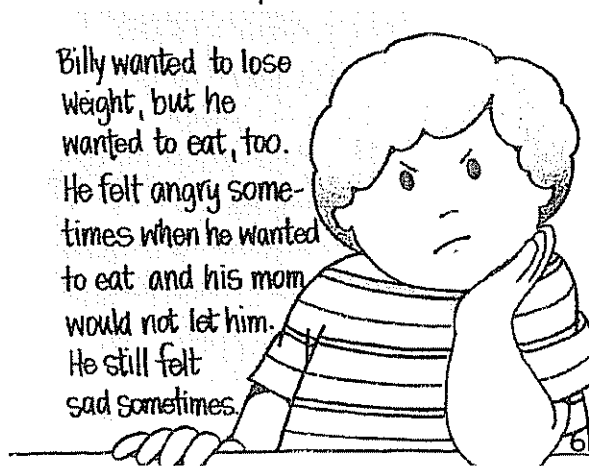


Billy's mom and dad saw that he was sad and they wanted to help him, but it was hard for Billy to tell them how he felt inside. They took him to the doctor to see if she could help.



When they went to see the doctor, she told him that he had to lose weight. She gave Billy's mom a diet for him.

4 5



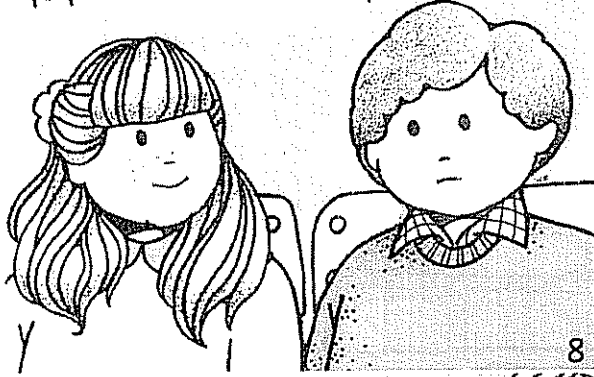
Billy wanted to lose weight, but he wanted to eat, too. He felt angry sometimes when he wanted to eat and his mom would not let him. He still felt sad sometimes.



Billy's mom and dad heard about something that might help him. It was called Overeaters Anonymous. They called and found a meeting near their home.

6 7

He was taken to a meeting and he found other people there who had the same problem he had.



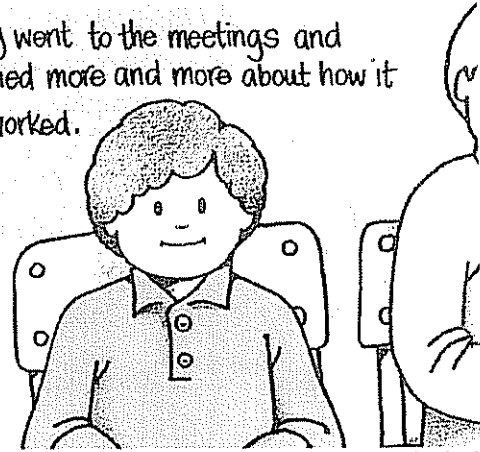
There were some children there who were his age. There were grown-ups, too. And for the first time in his life, he did not feel alone.



The people in the meeting talked about the 12 Steps which helped them feel good about themselves and food. They talked about a higher power which helped them to get past the bad times. They made friends with each other and called each other to talk about all kinds of things.

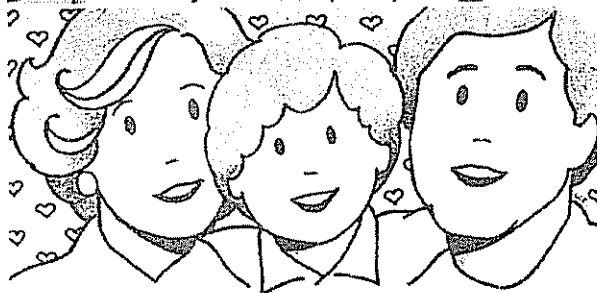
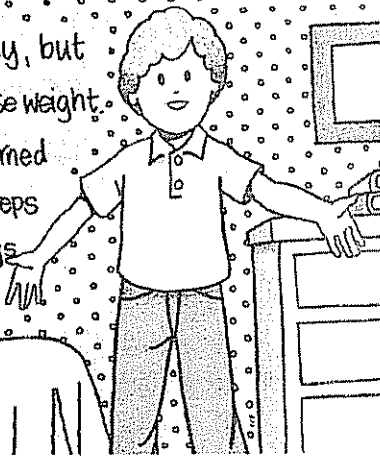


Billy went to the meetings and learned more and more about how it all worked.



He began to feel good about himself, and when he wanted to eat he got help from his new friends.

It was not easy, but he began to lose weight. The more he learned about the 12 Steps the better things got.



Billy lost the weight he needed to lose. His mom and dad were proud of him. The doctor was proud of him, but best of all, Billy was proud of himself. Billy found the help he needed with OA. He made new friends and found a way to eat and live which made him feel happy.

OVEREATERS ANONYMOUS

World Service Office
P.O. Box 44020
Rio Rancho, New Mexico 87174-4020 USA
505-891-2664

Email: info@oa.org • Web: www.oa.org

CONTACT OA LOCALLY AT:

Baltimore Area Intergroup
410-764-3136

<http://www.oabaltimore.org>

OA Conference-Approved Literature
© 1985 by Overeaters Anonymous, Inc. All rights reserved.