



Twelve Steps and Twelve Traditions of Greysheeters Anonymous (Paperback)

By Greysheeters Anonymous

Xlibris, United States, 2015. Paperback. Book Condition: New. Reprint. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Twelve Steps and Twelve Traditions of GreySheeters Anonymous Can t stop eating? Many have found recovery from compulsive eating, obesity, food addiction, binge eating, anorexia, or bulimia in GreySheeters Anonymous (GSA.) The Twelve Steps and Twelve Traditions of GreySheeters Anonymous offers readings, questions for reflection, and shared experiences. Interested? Ask yourself the following questions: Are you tired of looking for a solution about your weight problem? Are you ready to try something different? Are you ready to have freedom from food and the constant thoughts that have kept you imprisoned? Are you ready to go to any lengths to experience freedom from the phenomenon of craving? GSA is a Twelve Step Program in which the physical aspect (allergy/addiction) of our disease is addressed by the GreySheet food plan, while the mental, emotional, and spiritual aspects are addressed by the program s Twelve Steps and Twelve Traditions. We have no dues or fees. We are not affiliated with any other organization. The only requirement for membership is a desire to stop eating compulsively. The foods that we...



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