



# Los Doce Pasos y las Doce Tradiciones de Overeaters Anonymous

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## Los Doce Pasos y las Doce Tradiciones de Overeaters Anonymous

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Este trabajo exhaustivo ofrece una exploración detallada y emotiva de cómo los Doce Pasos y Doce Tradiciones de OA ayudan a los miembros a recuperarse y cómo esta hermandad funciona como un todo. Las preguntas al final de las Tradiciones están destinadas a ayudar a fortalecer nuestras reuniones. Edición de bolsillo.



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