What Is H.O.W.?

H.O.W. is a movement within Overeaters Anonymous whose basic principle is that abstinence is the only means to freedom from compulsive eating and the beginning of a spiritual life.

Where and why did H.O.W. begin?

H.O.W. began in Phoenix in 1981, as a means of reviving a group called "OA VICTORIOUS". Its meeting format is taken from Rozanne's book, *I Put My Hand In Yours*, and centers around the concept of service. Many of the questions used in H.O.W. sponsoring stem from O.A. Plus and Westminster groups. The outline of service came from the O.A. Suffolk County, New York sponsor's guide.

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