



Secular Twelve-Step Resources

If you're a compulsive eater seeking a secular approach to the Twelve Steps, you won't find it in Overeaters Anonymous. OA does not allow the use of "outside" Steps or literature at their meetings. Don't be discouraged by this restriction; as an individual, you can use whatever resources support your recovery! If you'd like Step materials that don't rely on a higher power, **click the following links**. If you've printed out this sheet, go here to access the links: <https://secularovereaters.org/so-steps-getting-started/>

Where to Begin

The Alternative 12 Step Discussion Guide for Secular Overeaters, Version 2 (Secular Overeaters 2024, pdf, 29 pages) can introduce you to many Step versions as well as authors and books that may inspire you. We suggest you scan the **Guide** first and then select one of the following books below for a more in-depth study. OA's **The Twelve Steps and Twelve Traditions of Overeaters Anonymous** is still valuable, as this is the only Twelve-Step book that focuses on compulsive eating addictions. In addition, a workbook can provide thoughtful writing prompts that can help you better understand yourself and your recovery.

Step Versions

AA Agnostica: A Collection of Alternative 12 Steps (Roger C, free pdf, 20 pages)

Los Doce Pasos Seculares: Una Breve Colección (Roger C, Spanish translation, free pdf, 17 pages)

Le petit livre jaune: Les douze étapes vues autrement (Roger C, 2021, French translation, \$10.95 print, \$5.99 Kindle)

Freethinker Alternative 12 Steps for Overeaters (free pdf, 1 page)

OA Twelve Steps (Overeaters Anonymous, free pdf, 1 page)

The Serenity Poem

Secular version of the Serenity Prayer:

We seek the serenity to accept the things we cannot change, courage to change the things we can, and wisdom to know the difference.

Books and Workbooks

Secular

The Alternative 12 Steps: A Secular Guide to Recovery (Martha Cleveland and Arlys G, 2014, \$13.95 print or \$6.99 Kindle)

Staying Sober Without God (Jeffrey Munn, 2019, \$13.79 print or \$5.99 Kindle)

Staying Sober Without God, The Workbook (Jeffrey Munn, 2023, \$18.95 print)

The Proactive Twelve Steps, Sixth Edition

(Serge Prengel, 2021, **free pdf**, or \$9.99 print or \$5.99 Kindle)

Hybrid

Acknowledges secular and traditional approaches.

A Woman's Way Through the Twelve Steps, 2024 Anniversary Edition, (Stephanie Covington, \$16.37 print or \$14.99 Kindle)

A Woman's Way Through the Twelve Steps Workbook (Stephanie Covington, 2024, \$18.55 print)

Books and Workbooks, continue

Hybrid Books, continues

[We're Not All Egomaniacs: Adapting the Twelve Steps for Alcoholics with Low Self-Esteem](#) (Beth Aich, 2021, \$10.99 print, \$6.99 Kindle)

Traditional

[The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition](#) (\$16.50 print, also available in digital and audible versions)

[The Twelve Step Workbook of Overeaters Anonymous, Second Edition](#) (\$15 print, \$9 digital)

[Secular Translations of the "God" Questions in The Twelve Step Workbook of Overeaters Anonymous](#) (free pdf, 4 pages, download a copy and keep it in your OA workbook)

[Trauma and the 12 Steps: An Inclusive Guide to Enhancing Recovery](#) (Jamie Marich, 2020, \$15.47 print, \$9.95 Kindle)

[Trauma and the 12 Steps: The Workbook](#) (Jamie Marich and Stephen Dansiger, 2025, \$14.89 print, \$10.99 Kindle)

Other

[Beyond Belief: Agnostic Musings for a 12 Step Life](#), daily reader (Joe C, 2023, \$22.50 print, \$9.99 Kindle)

[12 Stepping a Problem for Nonbelievers](#), worksheet, free pdf, 5 pages)

Secular Overeaters Step Discussion Recordings

SO hosts a monthly Secular Overeaters Alternative 12-Steps Discussion Zoom meeting on the third Sunday of the month (9am PT/Noon ET/5pm UK; check the [meeting schedule for link](#)). Links to recordings of the discussion for 2022 and 2024 are below (hosted on [SoundCloud](#)) and can be found on [The Secular Overeaters and Friends Podcast](#).

2024 Step Discussions

The 2024 discussions follow the [Alternative 12 Step Discussion Guide for Secular Overeaters, Version 2](#) (2024, free pdf, 29 pages). No recording of Step 12 is available for 2024.

[Step 1 | 27 min](#)

[Step 2 | 33 min](#)

[Step 3 | 45 min](#)

[Step 4 | 42 min](#)

[Step 5 | 32 min](#)

[Step 6 | 32 min](#)

[Step 7 | 43 min](#)

[Step 8 | 47 min](#)

[Step 9 | 31 min](#)

[Step 10 | 28 min](#)

[Step 11 | 16 min](#)

2022 Step Discussions

The 2022 discussions follow the [Alternative 12 Step Discussion Guide for Secular Overeaters, Version 1](#) (2022, free pdf, 27 pages).

[Step 1 | 33 min](#)

[Step 2 | 39 min](#)

[Step 3 | 34 min](#)

[Step 4 | 37 min](#)

[Step 5 | 36 min](#)

[Step 6 | 41 min](#)

[Step 7 | 50 min](#)

[Step 8 | 36 min](#)

[Step 9 | 38 min](#)

[Step 10 | 34 min](#)

[Step 11 | 33 min](#)

[Step 12 | 38 min](#)

Bonus: 2021

[Step 12 | 39 min](#)

Sponsors

It can be challenging to find a secular sponsor, so many members work with people from traditional programs. You can also work the Steps with another secular person, a therapist, or any other trusted individual. Here are some pages from the SO website:

Finding a Sponsor

[Be a Temporary Secular Step Sponsor, Steps 1-3](#), using OA and Secular literature

[Advice For Sponsors Working With Secular Spousees](#)

Accountability Buddies and Recovery Circles

Secular peer support can be key for secular recovery, especially if you don't have a secular sponsor. Find out more:

Accountability Buddies Recovery Circles