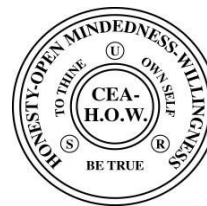


Compulsive Eaters Anonymous–HOW LITERATURE ORDER FORM

LOS ANGELES INTERGROUP



MEETING INFORMATION

Please complete the information below:

Date: _____ Meeting #: _____

Meeting City: _____

Meeting Day: _____

Meeting Time: _____

SHIPPING INFORMATION

Name, email, phone & signature are required. Mailing address not required unless you want your literature shipped to you.

Name: _____

Mailing Address: _____

City: _____

State: _____ Zip Code: _____

Email Address: _____

Phone Number: _____

Signature: _____

ORDERING INFORMATION

TO PLACE ORDER

Check off what literature you need on the following page and **email or mail this form** with payment if requesting that order be shipped.


Send to: **LAHOW Literature**
c/o Mary Eileen
3809 1/2 Hollypark Place
Los Angeles, CA 90039

Or: LAHOWLiterature@gmail.com

*Please – no calls or texts regarding literature.
We cannot accept phone orders.

PAYMENT – pay by check ONLY

Please make checks out to **LAIG CEA HOW**.

 We apologize but our online payment option, Zelle, is experiencing some technical difficulties. We will let you know when it's working again.

So please pay by check only.

Sorry, we do not accept credit cards or cash.

DELIVERY

1. Literature can be handed-off in person to Intergroup Reps at the next Intergroup meeting.
2. Or, literature can be shipped directly to meeting Literature Chairs. There is no charge for shipping.
3. Or, arrangements can be made for literature to be picked up in person at a mutually convenient location before or after a meeting. (Email to arrange for this option.)

We don't charge sales tax and there is no charge to the meeting for shipping.

CEA-HOW Los Angeles Intergroup Available Literature

NEED ASSISTANCE?

Contact Mary Eileen, CEA-HOW LA Intergroup Literature Chair

At this email LAHOWLiterature@gmail.com

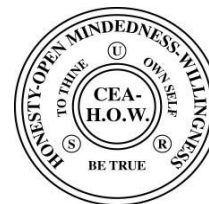
* No calls or texts regarding Literature – thank you

www.lahow.org

Revised 9/19/19

Compulsive Eaters Anonymous–HOW LITERATURE ORDER FORM

LOS ANGELES INTERGROUP



PAMPHLETS					
ITEM #	TITLE/DESCRIPTION	REVISED	\$/UNIT	QTY	\$ TOTAL
821	Welcome Newcomer	2/02	\$0.75		
822	A View of Medical Abstinence	1/99	\$1.75		
823	Am I A Food Addict	7/00	\$1.75		
825	Overview of the 12 Steps	12/01	\$1.75		
826	The CEA-HOW Concept	3/00	\$1.75		
827	The Meaning of Abstinence	10/00	\$1.75		
828	Weighing & Measuring	8/00	\$1.75		
829	What is Food Addiction	11/01	\$1.75		
830	Just For Today (Bookmark)	NO DATE	\$1.75		
831	One Day At A Time (Card)	NO DATE	\$1.75		
832	Affirmations (Bookmark)	4/14	\$1.75		
836	CEA-HOW Pamphlets (Compilation) NEW	11/17	\$5.00		
838	Giving Service	11/17	\$1.00		
839	Public Information Brochure	11/10	\$0.15		
WORKING THE PROGRAM					
801	Steps 6 thru 12	11/10	\$2.75		
803	From Relapse to Abstinence	2/12	\$2.75		
804	Broaden Your Experience of Sponsoring	7/13	\$3.00		
805	Recommitment Questions	7/04	\$2.75		
806	Kaleidoscope	10/96	\$2.75		
807	Sponsor Guidelines	7/15	\$6.50		
807A	New 1st 30 Questions	7/19	\$2.00		
808	Maintenance Sponsor Guide	7/12	\$5.00		
809	Workbook, AA Big Book	8/00	\$3.25		
810	Came to Believe Questions	8/11	\$3.50		
812	Questions for Challenging Times	7/12	\$3.50		
813	Questions for Challenging Times	7/12	\$1.00		
816	Celebrating the Program Pioneers 3rd Ed	1/02	\$2.75		
816A	Celebrating the Program, Pt. I, BB 4th Ed	7/13	\$3.25		
816B	Celebrating the Program, Pt. II, BB 4th Ed	7/13	\$6.25		
816C	Celebrating the Program, Pt. III, BB 4th Ed	7/13	\$5.25		
817A	As Bill Sees It Questions (A) 1–50	7/03	\$3.50		
817B	As Bill Sees It Questions (B) 51–100	4/10	\$3.50		
817C	As Bill Sees It Questions (C) 101–150	4/10	\$3.00		
817D	As Bill Sees It Questions (D) 151–200	4/10	\$2.75		
817E	As Bill Sees It Questions (E) 201–250	7/11	\$3.50		
817F	As Bill Sees It Questions (F) 251–332	7/11	\$3.75		
818	12 Traditions Study Guide	2/07	\$3.50		
820	Abstinence Model	7/12	\$1.75		
833	Daily Reflections	7/15	\$7.00		
840	Getting into the Steps	7/15	\$2.75		
841	Prayers and Spirituality	7/17	\$3.75		
COLUMN A SUBTOTAL					

FOOD PLANS					
ITEM #	TITLE/DESCRIPTION	REVISED	\$/UNIT	QTY	\$ TOTAL
811	Forever Abstinent–NEW	7/19	\$5.00		
815	Forever Abstinent (trifold)	No Longer Available			

CEA-HOW BOOKS					
855	Achieving Balance Cookbook	7/02	\$10.50		
856	Sponsoring in CEA-HOW	7/13	\$9.00		
857	Recipes We Love Cookbook- <i>latest one</i>	7/17	\$14.50		
858	Service Manual–NEW	5/19	\$9.00		

SUPPORT STRUCTURE					
	Meeting Directory/Newsletter	Monthly	FREE		\$0.00
839	Public Information Brochure	Order at left (pamphlet also in following Medical Professionals packet)			
	LA-Intergroup's Medical Professional Outreach Packet (each has 2-pg letter + 4 #839s + 1 LAIG Business Card)	FREE to LAIG			\$0.00

AA LITERATURE					
1001	AA 12 Steps & 12 Traditions (Softcover)		\$8.25		
1002	AA 12 Steps & 12 Traditions (Hardback)		\$8.90		
1003	AA 12 Steps & 12 Traditions (Large Print)		\$8.25		
1004	AA 12 Steps & 12 Traditions (Pocket)		\$6.50		
1005	AA Big Book (Hardback)		\$9.50		
1006	AA Big Book (Large Print)		\$10.30		
1007	AA Big Book (Softcover)		\$9.10		
1008	AA Big Book (Pocket Sized)		\$5.00		
1009	As Bill Sees It (Hardback)		\$9.00		
1010	As Bill Sees It (Softcover)		\$8.60		
1011	Came to Believe		\$5.00		
1012	Came to Believe (Large Print)		\$5.25		
1013	Living Sober		\$5.00		
1014	Daily Reflections		\$10.25		
1015	Daily Reflections (Large Print)		\$10.75		
1016	AA Comes of Age		\$9.50		
1017	Dr Bob and the Good Oldtimers		\$10.50		

COLUMN B SUBTOTAL	
COLUMN A SUBTOTAL	
GRAND TOTAL (Columns A+B)	

Please see the first page for ordering information.

NEED ASSISTANCE?

Contact Mary Eileen, CEA-HOW LA Intergroup Literature Chair

At this email LAHOWLiterature@gmail.com

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