



# LITERATURE ORDER FORM

LOS ANGELES INTERGROUP

## MEETING INFORMATION

Please complete the information below:

Date: \_\_\_\_\_

Meeting # (optional): \_\_\_\_\_

Meeting City: \_\_\_\_\_

Meeting Day: \_\_\_\_\_

Meeting Time: \_\_\_\_\_

## SHIPPING INFORMATION

Name, email & phone 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: \_\_\_\_\_

## 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: maryeileen.odonnell@gmail.com

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

### PAYMENT – pay by check ONLY (usually)

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

☞ Sorry, but we usually do not accept Venmo, Zelle, credit cards or cash.

Please try to pay by check only.

### DELIVERY

1. Literature can be handed-off in person to a HOW member.
2. Or, literature can be shipped directly to meeting Literature Chairs or individuals.
3. Or, arrangements can be made for literature to be picked up in person at a mutually convenient location. (Email to arrange for this option.)

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 [MaryEileen.ODonnell@gmail.com](mailto:MaryEileen.ODonnell@gmail.com) (preferable) or [LAHOWLiterature@gmail.com](mailto:LAHOWLiterature@gmail.com)

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[www.lahow.org](http://www.lahow.org)

Revised 2/8/24

# Compulsive Eaters Anonymous–HOW

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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)	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		
807A	Newcomers to CEA-HOW Program Steps 1, 2 & 3 – NEW	7/22	\$4.00		
807B	Sponsor Guidelines 4th Step Inventory – Steps 4 & 5–NEW–includes slip questions	7/22	\$5.50		
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, 8B 4th Ed	7/13	\$3.25		
816B	Celebrating the Program, Pt. II, 8B 4th Ed	7/13	\$6.25		
816C	Celebrating the Program, Pt. III, 8B 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	The 12 Steps Re-visited – Experienced members	7/15	\$2.75		
841	Prayers and Spirituality	7/17	\$3.75		
842A	Made a Decision Part I (1-80) - NEW	7/22	\$6.25		
842B	Made a Decision Part II (81-166) - NEW	7/22	\$6.25		
843	Musts and Miracles in CEA-HOW - NEW	7/22	\$6.00		
844	Recovery, Unity and Service of CEA-HOW-NEW	7/22	\$6.00		
<b>COLUMN A SUBTOTAL</b>					

FOOD PLANS					
ITEM #	TITLE/DESCRIPTION	REVISED	\$/UNIT	QTY	\$ TOTAL
811	Forever Abstinent – NEW 2022	7/22	\$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 – NEWER COOKBOOK	7/16	\$14.50		
858	Service Manual	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 mtgsgs		\$0.00

AA LITERATURE					
1001	AA 12 Steps & 12 Traditions (Softcover)		\$10.00		
1002	AA 12 Steps & 12 Traditions (Hardback)		\$11.00		
1003	AA 12 Steps & 12 Traditions (Large Print)		\$11.00		
1004	AA 12 Steps & 12 Traditions (Pocket Sized)		\$8.00		
1005	AA Big Book (Hardback)		\$12.00		
1006	AA Big Book (Large Print)		\$12.00		
1007	AA Big Book (Softcover)		\$11.00		
1008	AA Big Book (Pocket Sized)		\$6.00		
1009	As Bill Sees It (Hardback)		\$11.00		
1010	As Bill Sees It (Softcover)		\$11.00		
1011	Came to Believe		\$6.00		
1012	Came to Believe (Large Print)		\$5.00		
1013	Living Sober		\$6.00		
1014	Daily Reflections		\$12.50		
1015	Daily Reflections (Large Print)		\$12.50		
1016	AA Comes of Age		\$12.00		
1017	Dr Bob and the Good Oldtimers		\$12.00		

<b>COLUMN B SUBTOTAL</b>	
<b>COLUMN A SUBTOTAL</b>	
<b>GRAND TOTAL</b> (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 [MaryEileen.ODonnell@gmail.com](mailto:MaryEileen.ODonnell@gmail.com) (preferable) or [LAHOWLiterature@gmail.com](mailto:LAHOWLiterature@gmail.com)

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