

Compulsive Eaters Anonymous–HOW – LA Intergroup Literature Order Form



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: _____

Signature: _____

ORDERING INFORMATION

TO PLACE YOUR ORDER

Check off what literature you need on the following page and **mail this form** with your payment, if you're requesting that your order be mailed to you.

Send to: **LAHOW Literature**

c/o Mary Eileen O'Donnell

3809 1/2 Hollypark Place

Los Angeles, CA 90039

*Calls or texts regarding literature are the quickest way to get literature if you don't want to use this form.

We accept phone orders.

PAYMENT – paying by check is preferable.

But call or text me if that won't work for you.

Make checks out to **LAIG CEA HOW**.

We usually do not accept Venmo or Zelle but we can discuss this.

☞ Please - no credit cards or Paypal.

DELIVERY

1. Literature can be handed-off in person to a HOW member.
2. Or, literature can be mailed 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. (Text # below to arrange for this option.)

We do not charge you for tax or shipping.

NEED ASSISTANCE?

Contact Mary Eileen, CEA-HOW LA Intergroup Literature Chair

Text Mary Eileen at (818) 795-1875

www.lahow.org

Revised 4/5/26

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PAMPHLETS					
ITEM #	TITLE/DESCRIPTION	REVISED	\$/UNIT	QTY	\$ TOTAL
821	Welcome Newcomer	7/25	\$0.75		
822	A View of Medical Abstinence	9/25	\$1.75		
825	Overview of the 12 Steps	9/25	\$1.75		
828	Weighing & Measuring	9/25	\$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		

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	2026	\$9.00		

SUPPORT STRUCTURE					
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

WORKING THE PROGRAM					
801	Steps 6 thru 12	5/24	\$2.75		
803	From Relapse to Abstinence	11/23	\$2.75		
804	Broaden Your Experience of Sponsoring	7/13	\$3.00		
805	Recommitment Questions	7/04	\$2.75		
806	Kaleidoscope	6/24	\$2.75		
807A	Newcomers to CEA-HOW Program Steps 1, 2 & 3 – NEW	7/22	\$4.00		
807B	Sponsor Guidelines 4 th Step Inventory – Steps 4 & 5 – NEW – includes slip questions	7/22	\$5.50		
808	Maintenance Sponsor Guide	11/23	\$5.00		
809	Workbook, AA Big Book	8/00	\$3.25		
810	Came to Believe Questions	6/24	\$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	7/25	\$3.25		
816B	Celebrating the Program, Pt. II, BB 4th Ed	2/25	\$6.25		
816C	Celebrating the Program, Pt. III, BB 4th Ed	2/25	\$5.25		
817A	As Bill Sees It Questions (A) 1–50	11/23	\$3.50		
817B	As Bill Sees It Questions (B) 51–100	11/23	\$3.50		
817C	As Bill Sees It Questions (C) 101–150	11/23	\$3.00		
817D	As Bill Sees It Questions (D) 151–200	5/25	\$2.75		
817E	As Bill Sees It Questions (E) 201–250	7/25	\$3.50		
817F	As Bill Sees It Questions (F) 251–332	7/11	\$3.75		
818	12 Traditions Study Guide	3/24	\$3.50		
820	Abstinence Model	11/23	\$1.75		
833	Daily Reflections	5/25	\$7.00		
834	Daily Reflections Workbook II NEW	11/23	\$7.00		
840	The 12 Steps Re-visited – Experienced members	7/15	\$2.75		
841	Prayers and Spirituality	11/17	\$3.75		
842A	Made a Decision Part I (1-80)	7/22	\$6.25		
842B	Made a Decision Part II (81-166)	7/22	\$6.25		
842C	Made a Decision Part III (167-240) - NEW	10/24	\$6.25		
842D	Made a Decision Part IV (241-332) - NEW	10/24	\$6.25		
843	Musts and Miracles in CEA-HOW	7/22	\$6.00		
844	Recovery, Unity & Service of CEA-HOW	7/22	\$6.00		
FOOD PLANS					
811	Forever Abstinent – NEW 2025	7/25	\$5.50		
811A	Forever Abstinent LARGE PRINT - NEW 2025	7/25	\$10.00		

AA LITERATURE – NEW PRICES					
1001	AA 12 Steps & 12 Traditions (Softcover)	\$13.00			
1002	AA 12 Steps & 12 Traditions (Hardback)	\$14.00			
1003	AA 12 Steps & 12 Traditions (Large Print)	\$14.00			
1004	AA 12 Steps & 12 Traditions (Pocket Sized)	\$8.00			
1005	AA Big Book (Hardback)	\$15.00			
1006	AA Big Book (Large Print)	\$15.00			
1007	AA Big Book (Softcover)	\$14.00			
1008	AA Big Book (Pocket Sized)	\$6.00			
1009	As Bill Sees It (Hardback)	\$14.00			
1010	As Bill Sees It (Softcover)	\$14.00			
1011	Came to Believe	\$6.90			
1012	Came to Believe (Large Print)	\$6.90			
1013	Living Sober	\$6.90			
1014	Daily Reflections	\$15.50			
1015	Daily Reflections (Large Print)	\$15.50			
1016	AA Comes of Age	\$15.00			
1017	Dr Bob and the Good Oldtimers	\$15.00			

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

Please see the first page for ordering information.

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Literature Chair
Text Mary Eileen at (818) 795-1875
www.lahow.org
Revised 3/31/26

SUBTOTAL COLUMN A. \$ _____