



FA Audio Recording List (numerical order)

* An asterisk by a title indicates that the speaker was 30 years of age or younger at the date of the recording.

Price: Audio Download (MP3) \$0.99. Lists: English pgs 1-11; Historical pg 11; German pg 11; Spanish pg 12

ENGLISH SPEAKERS

Item #	Title (with sub-title)	Length	Recorded On
# 102	Tough, Two-Fisted Thumb Sucker All she wanted was to lose a little weight from her thighs. In FA she lost 70 pounds and found a recipe for contented living.	39 minutes	7/18/1998
# 103	Stuffed but Never Satisfied She was indulged as a child after surviving nine months in an iron lung; as an adult, rage and morbid obesity drove her to FA.	45 minutes	7/18/1998
# 104	Lost Soul Fear of stuttering kept this young woman quiet. Her journey in recovery went far beyond her weight loss of twenty pounds to full acceptance of herself.	46 minutes	7/18/1998
# 106	Free At Last This early member got hope from AA. She realized the answer was to surrender the food -- no matter what -- and work the Twelve Steps.	43 minutes	11/7/1998
# 108	Keeping It All Inside Diagnosed manic-depressive and suicidal in his forties, he later came to FA, joining his wife in recovery.	36 minutes	11/7/1998
# 109	Love Wasn't Enough This young "gutter food addict" looked to therapy, sex, yoga, and humor to free her from the shame of how she ate.	42 minutes	11/26/1998
# 111	On Solid Ground She came in as a young mother over 200 pounds and clueless. She only knew she wanted a better life for her daughter.	40 minutes	11/26/1998
# 112	Food, Pills, Booze and Cigarettes She thought she would die without those two pieces of chicken. When she finally put the food on a scale, she found her Higher Power.	46 minutes	11/26/1998
# 113	Fantasies from the Recliner She was stealing from her children, driving her family into debt, and blaming her husband for her misery. She now knows peace because the food is in the right place.	38 minutes	1/1/1999
# 114	I Couldn't Stop Eating At 280 pounds and on welfare, she wanted to be invisible. Now she models the growth and change of many years of recovery.	47 minutes	1/1/1999
# 115	Hollywood Facade In over 30 years of freedom from food obsession, she has faced multiple sclerosis and family pain with gratitude and joy in service.	48 minutes	5/29/1999



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# 117	Age 19, Size 24 * She lied to get her merit badges and smuggled food into weight loss camp. In FA she lost her weight and found her integrity.	39 minutes	5/29/1999
# 119	Big Body, Small Life (at 23) This depressed, awkward teenager found solace in caring for animals; in nursing school she was told she lacked even basic skills in caring for herself.	47 minutes	9/4/1999
# 120	Life Between Meals She could lose weight to get into the wedding dress, but before the honeymoon was over, the honeymoon was over.	39 minutes	9/4/1999
# 121	Desperation is Not Enough Self-loathing drove this young woman to eating like an animal, fasting, and punishing herself. Now she has daily remission from a disease that wants her dead.	43 minutes	9/4/1999
# 122	She Tried It All * At age 19, homeless and shoeless, AA saved her life. Later, FA brought her an indescribable peace.	42 minutes	11/25/1999
# 123	Therapy Couldn't Fix Her In her 20's: addicted to "cool." In her 30's: addicted to work. In her 40's: fat and getting fatter, she turned her will over to God and FA.	46 minutes	11/25/1999
# 124	Recovery Began In High School * She took the disciplines of the program into her college dining hall, found a Higher Power, and reclaimed the free spirit she had lost in her alcoholic home.	46 minutes	11/23/2000
# 125	He Came to Lose Five Pounds and Found God This son of immigrants became trapped in a grinding corporate job and terrible night eating. Surrender was his way out.	47 minutes	11/23/2000
# 126	Every Day is Thanksgiving Day Her teenage pregnancy, diet pills, and geographical cures didn't bring happiness. Her grandma said, "It's the sugar." True enough, abstinence brought peace.	42 minutes	11/23/2000
# 127	The People Pleaser * After four summers of weight-loss camp, she hit 203 pounds. Twelve years of therapy didn't help. Driven by fear, at age 24, she found FA.	45 minutes	11/23/2000

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# 129	Never Too Late As a 1960's young wife on Long Island, she had trees, grass and loneliness. After decades of yo-yo dieting, she found FA in Florida.	47 minutes	5/24/2002
# 130	Finding a Solution This early member in California learned to weigh and measure her work as well as her food. Through FA service she came out of her isolation to show up for others.	47 minutes	5/25/2002
# 131	Hiding Behind a Permanent Grin She used food, work and people pleasing to cover her self-loathing. Recovering, she saw FA grow in Washington, D.C.	44 minutes	5/25/2002
# 132	Twelve Years to Surrender Despite a history of relapse, she kept coming back, and transported a solid recovery from Boston to many "hungry" food addicts in Florida.	45 minutes	5/26/2002
# 133	The Running Escape Artist Elite runner and respected psychotherapist, he knew he was in trouble when he resorted to bulimia for weight control.	45 minutes	5/27/2002
# 134	From the Pits of Hell From the projects of Harlem to private medical practice in Georgia, she knew how to lie and how to isolate. FA saved her life.	48 minutes	5/27/2002
# 135	FA History (First FA Convention) An early member gives an account of FA's beginnings.	35 minutes	5/2/2002
# 136	Twenty-Six Going on Fifteen When this bulimic came into FA she couldn't tell the truth from a lie. Now rigorous honesty and truth guide her recovery.	44 minutes	7/6/2002
# 139	Nothing Inside to Love Recovery taught this lawyer, wife, and mother that she didn't have to work hard to be lovable -- she just was.	46 minutes	11/28/2002
# 140	Hiding and Hating No More Recovery from alcoholism didn't make her happy, joyous and free, but she was sober enough to keep trying. FA taught her to love herself.	41 minutes	5/23/2003
# 143	It's An Inside Job After decades of bingeing in recovery she said the magic words "I can't stop eating!" Now she understands the binge starts with an extra green bean.	35 minutes	4/23/2004

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Item #	Title (with sub-title)	Length	Recorded On
# 144	Blackout Eating For years she was trapped in a vicious cycle of perfectionism, fear, isolation, and food. She found recovery and carried it with her to Florida, Texas, and Michigan.	36 minutes	4/1/2004
# 146	Tool Belt As an overweight athlete she tried to convince herself that bigger was better. In recovery, she became right-sized, inside and out.	39 minutes	4/24/2004
# 147	Dieting & Dating -- Eating & Isolating Addicted to both food and men, she found herself saying a new prayer in recovery: "God is good, God is great! God is the most awesome date!"	40 minutes	4/24/2004
# 148	Living to Look Cool She lived her life trying to be one of the beautiful, smart, popular people. The miracle happened when she admitted she needed help.	38 minutes	4/24/2004
# 149	The Stranger in the Mirror As a performer and a bulimic, she projected a façade. But with her face puffy and her eyes bloodshot, she had to ask herself, "Who is this person?"	38 minutes	6/3/2005
# 150	Eating Every Waking Moment Early abstinence was easy but she broke the spell, regaining 60 pounds. She paints a vivid picture of her last binge so she need never repeat it.	38 minutes	6/3/2005
# 151	Self-Sabotaging Disaster His goal to "get thin, stay thin, and not get fat" eclipsed his other dreams. Now he has the life he always wanted, and a growing fellowship in Toronto.	36 minutes	6/3/2005
# 152	Downward Spiral In the desperation of food addiction, this young woman was like a junkie, crying in the streets of New York after a futile search for the perfect fix.	43 minutes	6/4/2005
# 153	Happy Childhood, Yet Addicted When this southern girl went to London she gained 25 pounds in six weeks, convinced she wasn't eating much. Her food obsession lifted with the clarity and structure of FA.	34 minutes	6/4/2005
# 154	Disease of More, More, More This expatriate kid felt rejected, lonely and too tall. Food, cigarettes and shopping didn't fill her gaping spiritual hole. God and FA did.	46 minutes	6/24/2006

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Item #	Title (with sub-title)	Length	Recorded On
# 156	Amazing Graze This 58-year-old mother of six surrendered and trekked to those meetings in San Francisco when her husband's pants were the only ones that fit.	45 minutes	6/24/2006
# 158	Winning the War with Food Her professional job gave this crazy overachiever self-esteem, but her weekend binges, holed up alone, left her suicidal before she found FA.	37 minutes	6/24/2006
# 163	Forty Geographical Cures Raised in an addiction-ridden Irish family, her disease took many forms, including moving across the Atlantic six times in search of comfort.	40 minutes	6/2/2007
# 164	FA's Jaywalker As the eldest child in a family of addicts she ate her way into the emergency room seven times. When she got well in FA, several of her siblings followed.	42 minutes	6/2/2007
# 166	10,000-Calorie Binges A young woman with tremendous willpower, she looked great on the outside: runner, teacher, and graduate student. But bingeing made her CRAZY . . . and willing.	46 minutes	6/2/2007
# 170	Speed Freak Food Addict In addition to eating addictively, this supreme party girl smoked cigarettes at age 10, drank alcohol from age 15, and progressed through several other addictions before finding FA.	43 minutes	10/1/2007
# 171	300-Pound Know-It-All Finds Joy Having her own kitchen and pantry was like being at Disneyland. Now in FA, she wonders how to contain all the real happiness she feels.	36 minutes	10/1/2007
# 172	Coping at the Vending Machine As her mother lay dying in the hospital, this food addict was worrying about her own weight. Now her mind is clear and family gets her full attention.	30 minutes	10/1/2007
# 173	Out of the Fog She came in angry, arrogant, and convinced that her husband was her real problem. After experiencing anorexia, obesity, and commitment to a psychiatric ward, she found relief in FA.	42 minutes	10/1/2007
# 175	The Twelve Steps Saved My Life The miracle of recovery transformed this angry, abusive addict into a gentleman -- and the loving husband of a fellow traveler in FA.	44 minutes	10/1/2007

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Item #	Title (with sub-title)	Length	Recorded On
# 182	A Pound a Day She was a 280-pound bull in a china shop fueled by addiction, perfectionism, and self-hatred. Today she's in love with life, and FA has grown around her in Cleveland.	37 minutes	5/1/2008
# 184	Say Yes! She put down marijuana and alcohol in other 12-step programs. After years of denial about her food addiction, when she came to FA, she knew she had "hit the recovery jackpot."	32 minutes	10/16/2009
# 185	Not So Tough After All "Mostly-kinda-sorta abstinent" was not enough to bring about the personality changes she so desperately needed. When she fully surrendered the food, she began to grow in recovery.	35 minutes	10/16/2009
# 186	The Bottle and 'Take Out' Once she put down alcohol and diet pills, she was still hung over from her eating. In FA she found a way to live her life with no obsessions.	34 minutes	10/16/2009
# 190	Rather Dead Than Fat After years of bulimia and of running from relationships, she found that the principles of FA could get her through anything-even breast cancer.	33 minutes	6/4/2010
# 191	Just Leave Me Alone! This food addict isolated himself with his stash of food and the TV. In FA he found a way to engage with others and with real life.	34 minutes	6/4/2010
# 192	The Story Was in Her Eyes When she was bingeing, she could pack on 20 pounds in 10 days. FA recovery freed her from brutal self-hatred and her fear of commitment to anything or anyone.	33 minutes	6/4/2010
# 193	Doomed to Die Young Poring over health magazines, this morbidly obese tax attorney thought he had a 'weight problem' he could control if he chose to. FA taught him the threefold nature of addiction.	37 minutes	6/4/2010
# 196	What I Heard was Hope Sixty-six years old and 110 pounds lighter, she maintains a rock-solid recovery despite now living where there are no FA meetings.	33 minutes	6/4/2011
# 198	Her Love Language was Food Food kept this Alaska gal isolated and in denial. Recovery took her to California, where her fellows could truly know her and help her to know herself.	36 minutes	9/24/2011

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Item #	Title (with sub-title)	Length	Recorded On
# 199	Obsessed With Appearances FA gave her the thin body she always craved. Five years into recovery, with her marriage crumbling, the miracle of a true personality change began.	35 minutes	9/24/2011
# 200	Beaten, Bloodied and Desperate With a 61-inch waist and a myriad of ailments, he thought yoga was the answer.	37 minutes	9/24/2011
# 201	Leaving Despondency Behind She grew up in a scary, alcoholic home in Dublin and was told she was stupid. Now her prayer is a simple one: "God, protect me from my self-hatred."	31 minutes	6/2/2012
# 202	The Invisible Man Drugs and alcohol left him with all his belongings in two plastic garbage bags. Coming to FA from AA, he thought, "I can't be addicted to food!"	34 minutes	6/2/2012
# 204	A Matter of Life and Death One hundred fifty pounds overweight, the food was literally killing her. Although she wanted to live for her young children, she knew she could not stop eating without a miracle.	36 minutes	6/2/2012
# 205	A Moment of Truth This Sydney food addict tried recovery retreats, Big Book studies, and on-line meetings, but kept eating. She had been applying self-discipline to a problem that needed a spiritual experience.	35 minutes	6/7/2013
# 208	A Life Transformed As a teenage mother and addict, she lost her children when she went to prison. Now a great-grandmother, she has the love and respect of her friends, fellows, and family.	35 minutes	6/7/2013
# 209	Returning To FA's Beginnings (recorded at EAI Fellowship Morning March 2014) In May of 1998, there were 177 total members in FA. Sixteen years later, we have approximately 5,000 members. Nine original members of the first (1998) board of the once-combined New England Intergroup/General Service Organization (which are now known separately as Eastern Area Intergroup and World Service Incorporated) were invited to recount their experiences of the specific service positions that each member held on that board, as well as to discuss the inception and early days of our FA program.	55 minutes	3/9/2014

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Item #	Title (with sub-title)	Length	Recorded On
# 211	<p>White-knuckled Nightmare</p> <p>Coming back from relapse after 9 years of abstinence, she realized she had been “white-knuckling” it with no real faith. Now, facing two chronic illnesses, she counts her blessings daily.</p>	34 minutes	6/6/2014
# 212	<p>Freedom from Obsession</p> <p>For years this Texas food addict tried to grow his thin body to feel secure in the world. In abstinence he realized what he really needed to grow was his spirit.</p>	37 minutes	6/6/2014
# 213	<p>The Great Food Escape</p> <p>This high functioning food addict used food to escape relentless fear and worry. FA restored her to sanity—and she finally realized that God is bigger than the disease.</p>	34 minutes	6/6/2014
# 215	<p>God Uses Everything for Good</p> <p>The love, structure, consistency and discipline of FA has carried this food addict through cancer and giving birth to a special needs child. Today, she wouldn’t change a thing about her life.</p>	35 minutes	10/25/2014
# 216	<p>Couldn't Stay Stopped</p> <p>This chronic dieter used starvation, self-help books, and alcohol to manage a life spinning out of control. Through FA, she’s learned honesty, integrity, and a solution to all life’s problems.</p>	35 minutes	10/25/2014
# 217	<p>The Fattest Nurse in the Army</p> <p>This musician and Army veteran was so angry she was afraid of hurting her kids. After joining FA she lost 100 pounds and a pile of resentments.</p>	35 minutes	10/25/2014
# 218	<p>If You Want It You Can Have It</p> <p>When this bulimic from Australia was faced with the choice of the food or her sponsor, she made a decision that changed her program and her life.</p>	35 minutes	10/25/2014
# 219	<p>Practice Being Satisfied</p> <p>For years she wanted what she didn’t have, and made bad decisions. After years of strong recovery in California, she now works the FA gold mine in central Florida.</p>	35 minutes	10/25/2014
# 220	<p>I Should Have Weighed 300 Pounds</p> <p>Fifty pounds overweight, 20 pounds underweight, bulimic and alcoholic, this food addict found real success in FA with more of God and less “me.”</p>	35 minutes	5/29/2015



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Item #	Title (with sub-title)	Length	Recorded On
# 221	<p>Searching for Significance</p> <p>This overweight food addict came to FA feeling lonely and invisible. Now in a right-sized body, she finds meaning in being available to her family—and FA fellows are her new best friends.</p>	35 minutes	5/29/2015
# 222	<p>Sober, Sick, and Crazy</p> <p>FA helped this multi-addicted food addict with a host of ailments: Bi-polar illness, ADD, and PTSD have all improved with the structure, discipline, and food plan of FA.</p>	32 minutes	5/29/2015
# 223	<p>The Secret is to Stay</p> <p>This food addict tried chiropractic treatments, acupuncture, spiritual counseling, retreats, books, and geographic cures, but couldn't surrender the food. In FA, she's found it's not what she gives up, it's what she gets.</p>	35 minutes	5/29/2015
# 224	<p>Keys to the Kingdom</p> <p>This father from Australia turned to food to help with his overwhelming feelings of inadequacy and self-hatred. Life changed at his first FA meeting, and today he has cherished relationships with his wife and children.</p>	36 minutes	6/3/2016
# 225	<p>I Just Show Up</p> <p>How to stay abstinent on the frontier in Israel? Stick to the basics and put the program first.</p>	37 minutes	6/3/2016
# 226	<p>I'm So Free!</p> <p>When the unthinkable happened – 9/11, and later, the death of her adult daughter-- this recovering exercise bulimic stayed abstinent and was able to find joy.</p>	35 minutes	6/3/2016
# 227	<p>From the Pits of Hell – to Heaven on Earth</p> <p>A 325-pound severe stutterer and nervous wreck, this food addict from Harlem learned to trust God as she carried the FA message to Atlanta -- and saw her whole world open up.</p>	36 minutes	6/3/2016
#228	<p>Sweet Life</p> <p>This biracial black woman looked for relief in bulimia, laxatives, enemas and abusive relationships. With the loving, consistent guidance of a sponsor, her life is now full of everyday miracles.</p>	32 minutes	10/29/2016
#229	<p>Transformed, Little By Slow</p> <p>Born in a woman's body, this shy food addict underwent gender reassignment and stayed abstinent. Happy and thriving today he is grateful to be part of something bigger than he is.</p>	32 minutes	10/29/2016

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Item #	Title (with sub-title)	Length	Recorded On
#230	From Rock Star to Rock Bottom to Rock Solid- Cerebral Palsy and childhood trauma left this 295 lb. Musician feeling like a victim of circumstance. With God now in control, he lives a full, healthy, creative life.	32 minutes	10/29/2016
#231	Pass It On For years she used food to stuff all her feelings. Abstinent for 16 years, she knows the importance of giving back, filling herself up with gratitude and service.	35 minutes	10/29/2016
#232	So Good to Be Here Diagnosed with Crohn's disease, this food addict regained her sparkle in FA. A loving, inclusive Higher Power brought clarity about career, relationships, and more.	35 minutes	6/2/2017
#233	Eating to Beat the Band Depressed, suicidal, and without hope, she felt like a fraud. At the brink of giving up, she came to FA, losing worry, fear and 133 pounds.	28 minutes	6/2/2017
#234	Show Me How To Eat- In FA, this addiction nurse learned that food addiction was the root of her struggles. Today, 80 pounds lighter, she's learned patience and acceptance, and has been blessed all the way.	30 minutes	6/2/2017
#235	Anyone But Me This bulimic food addict could play the part that others wanted, but never liked herself. When gastric bypass surgery didn't help, FA gave her the gifts of honesty, health, and happiness.	42 minutes	6/2/2017
#236	Absolute Madness with Food By sponsor #7, this African-American woman realized that what saved her as a child nearly killed her as an adult.	35 minutes	6/1/2018
#237	The 420-pound Man Who Needed Help This bulimic food addict could play the part that others wanted, but never liked herself. When gastric bypass surgery didn't help, FA gave her the gifts of honesty, health, and happiness.	28 minutes	6/1/2018
#238	Yeah, But You're Fat! Focused on appearances for much of her life, this Latina hit bottom after botched liposuction. In FA, she faced reality and found her people.	34 minutes	6/1/2018
#239	All in the Family Born into a family of addicts, she followed her siblings into FA, left, and relapsed. Today, she's firmly grounded in the program and gives back whenever she can.	38 minutes	6/1/2018
#240	If I Could Just Be Thin-NEW A month-long fast, followed by a binge, put this world traveler in the emergency room. After seven years of struggling in FA she stopped hurting herself with food.	29 minutes	10/13/2018

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#241	Time Bomb-NEW	28 minutes	10/13/2018
	It wasn't the weight or chronic worry that finally brought this agnostic to his knees--but high blood pressure and poor health.		
#242	Getting Nowhere-NEW	29 minutes	10/13/2018
	Dieting since childhood, she tried to lose weight to please others. After decades of bingeing and fasting, and pursued by self-hatred and depression, she finally found a new life in FA.		
#243	Lap Band Loser-NEW	29 minutes	10/13/2018
	This African-American women blamed family and God for her addiction, and discovered bulimia after a failed bariatric surgery. Working the 12 steps, she lost weight and experienced a profound internal change.		

HISTORICAL RECORDINGS

Item #	Title (with sub-title)	Length	Recorded On
# 135	FA History (First FA Convention) An early member gives an account of FA's beginnings.	35 minutes	5/2/2002
# 209	Returning To FA's Beginnings (recorded at EAI Fellowship Morning March 2014)	55 minutes	3/9/2014
	In May of 1998, there were 177 total members in FA. Sixteen years later, we have approximately 5,000 members. Nine original members of the first (1998) board of the once-combined New England Intergroup/General Service Organization (which are now known separately as Eastern Area Intergroup and World Service Incorporated) were invited to recount their experiences of the specific service positions that each member held on that board, as well as to discuss the inception and early days of our FA program.		

GERMAN SPEAKERS (Deutscher Lautsprecher)

Artikel #	Titel	Länge	Aufgenommen am
# 160G	Immer ein Schauspieler	39 Minuten	24. Mai 2003
# 161G	Braves Mädchen mit dunklem Geheimnis	44 Minuten	24. Mai 2003
# 162G	Essen war ihr einziger Halt	45 Minuten	24. Mai 2003
# 168G	eine Krankheit von immer mehr, mehr, mehr	39 Minuten	02. Juni 2007
# 169G	Klein, dick und haesslich	40 Minuten	02. Juni 2007

Edited 4/9/19

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# 195G	Vielleicht hattest du schon genug	34 Minuten	04. Juni 2011
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SPANISH SPEAKERS (Los oradores en español)

Artículo #	Título	Duración	Grabado en
# 167S	La Batalla Hacia la Recuperación	33 minutos	6/2/2007
# 188S	Ahora Puedo -- Con Dios	36 minutos	10/16/2009
# 189S	Encontre Paz en la Recuperación	35 minutos	10/16/2009
# 197S	Encontrando el Milagro a Temprana Edad	36 minutos	9/24/2011