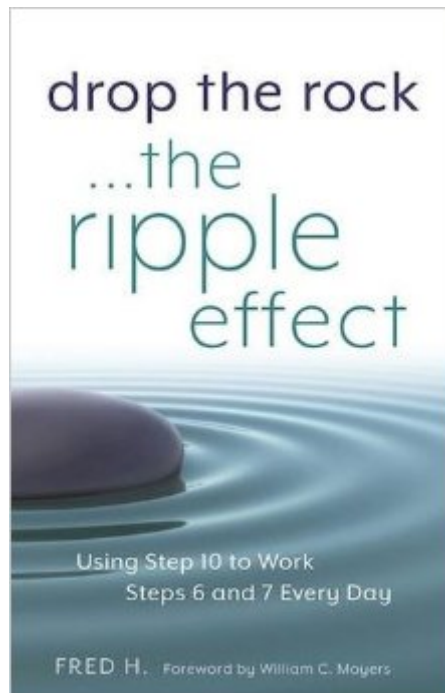


The book was found

Drop The Rock--The Ripple Effect: Using Step 10 To Work Steps 6 And 7 Every Day



Synopsis

When *Drop the Rock: Removing Character Defects* was first published in 1999, it quickly became the standard resource for working Steps 6 and 7, two of the most challenging of the Twelve Steps for many people in recovery. Learning what it means to fully surrender character defects frees you to make amends with Steps 8 and 9, realize the Big Book's "Promises," and move on to Step 10. In this new follow-up resource, Fred H. explores what he calls "the ripple effect" that can be created by using Step 10 to practice Steps 6 and 7 every day and avoid picking up "the rock" again. Drawing on his years of lecturing on the Big Book of Alcoholics Anonymous and Twelve Steps and Twelve Traditions, he reveals Step 10 as the natural culmination of working the previous Steps. Providing a crash course on renewing your recovery program through the daily practice of Twelve Step principles. Like its predecessor, *Drop the Rock: The Ripple Effect* provides multiple perspectives from people successfully working a Twelve Step Program, showing Step 10 as a key to a sober life free of fear and resentment and filled with serenity and gratitude. Fred H. has worked in the field of addiction and recovery for over three decades and is the director of the retreat center for a leading addiction treatment program. He is a popular international speaker on the Big Book and the principles of the Twelve Steps.

Book Information

Paperback: 120 pages

Publisher: Hazelden (May 17, 2016)

Language: English

ISBN-10: 1616496002

ISBN-13: 978-1616496005

Product Dimensions: 5.3 x 0.3 x 8.3 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (24 customer reviews)

Best Sellers Rank: #10,837 in Books (See Top 100 in Books) #19 in [Books > Health, Fitness &](#)

[Dieting > Addiction & Recovery > Twelve-Step Programs](#) #34 in [Books > Health, Fitness &](#)

[Dieting > Addiction & Recovery > Alcoholism](#) #1497 in [Books > Self-Help](#)

Customer Reviews

Emotional sobriety is beginning to take its rightful place in the discussion of the necessary elements of a full recovery. This is an important book because it extends the discussion of emotional sobriety in a very important way - it encourages us to be aware of ourself and others - how all our behavior

positive or negative creates a ripple effect. We cannot have emotional sobriety without an awareness of this fact. When we were in our active addiction we were unwilling to face this truth. If you are going to grow yourself in recovery this becomes an essential element. In fact many mental health professionals define mental health as being aware of self and others. I love how Fred tackles this discussion. His book will definitely take its rightful place in the recovery classics. As an author of several books about the process of recovery I urge you to add this book to your collection. Allen Berger, Ph.D. - Author of 12 Stupid Things that Mess Up Recovery, 12 Smart Things to do when the Booze and Drugs are Gone: Choosing Emotional Sobriety through Awareness and Right Action, 12 Hidden Awards of Making Amends and soon to be released - 12 More Stupid Things that Mess Up Recovery.

I really have enjoyed this book. I bought it for a friend for her anniversary in a recovery program. Actually I have it downloaded on my tablet but found this really handy to read. This book is simple but nudges my mind to think of things that I know are things I can improve on ... been sober for many, many years and there is always a lot to learn and this book awakens my mind from its tendency to rest on my laurels...

I was very excited to learn this book was going to be released. I had benefitted so very much from the original, "Drop the Rock." I was willing to pay the price from the publisher plus shipping--- was ecstatic when I saw it on , for a better price AND as a prime member, my shipping was free and speedy! As for the book itself, I was initially skeptical when I first realized that it was a different author. The fact is, I needn't have worried! The book was great. I can't begin to describe all of the 'a-ha' moments that it inspired. Well written, thoughtful and truly helpful on my journey.

I had the privilege of finding this amazing book. Having a lots of doubts about step 10 this author help me to open my mind and I learned how beneficial for my life is to practice this step and how enriching would be for my recovery to learn to apply it all day!! That's a goal that by faith, learned in my program AA, I will accomplish with the help of my fellows friend, AA and God as I understand it. Thanks for your service writing this treasure!!

One of the best recovery books I have ever read...I love how the author explains step 10 with reference to step 6 and step 7.

Everyone in recovery needs to read this book.

Enjoyed this book...referred it to my son...we both have over 30 years on the program....still recovering .learning more everyday..DR. SAM

Very good for those who've already done the steps and are going back to refine their application and grow further.

[Download to continue reading...](#)

Drop the Rock--The Ripple Effect: Using Step 10 to Work Steps 6 and 7 Every Day The Ripple Effect: The Fate of Fresh Water in the Twenty-First Century Drop the Rock: Removing Character Defects - Steps Six and Seven Rock Climbing Smith Rock State Park: A Comprehensive Guide To More Than 1,800 Routes (Regional Rock Climbing Series) Trivia: The Rosie Effect: A Novel By Graeme Simsion (Trivia-On-Books) (The Rosie Project & The Rosie Effect Bundle Book 2) 21 DAY FIX: 30 Top 21 DAY FIX RECIPES with complete container count PREP IN 15 MIN OR LESS (21 day fix recipes, 21 day fix cookbook, 21 day fix book) Everyday Recipes Box Set (6 in 1): Over 100 Recipes for Breakfast, Lunch, and Dinner to Try Every Day (Every Day Recipes & Dump Dinner) Step Parenting: Crucial Steps on How to Be A Good Stepmom - Step Parent Books for Stepmothers (Step parenting book, Stepmother, How to be a good stepmom, Blended Family, Stepfather, Stepmom) The 31-Day Paleo Diet Challenge with Cast Iron Skillet Recipes: One Paleo Diet Recipe for Every Day of the Month Using Cast Iron Skillets (Weight Loss & Diet Plans) Step By Step To Your Own Domain And Webhosting: Tips and tricks for registering your own domain name and connecting it with your webhosting provider (Step By Step Booklets Book 1) How to Build Floating Docks and Decks For Ponds Step by Step: Step by step guide with images and plans to build a floating dock pier and a farm pond deck. The Illustrated Practical Guide to Water & Rock Gardening: Everything You Need To Know To Design, Construct And Plant Up A Rock Or Water Garden With Directories Of Suitable Plants And How To Grow Them All Music Guide to Rock: The Definitive Guide to Rock, Pop, and Soul (3rd Edition) Rock Climbing Virginia, West Virginia, and Maryland (State Rock Climbing Series) Rock Climbing Virginia, West Virginia, and Maryland, 2nd (State Rock Climbing Series) Woodworking: Woodworking Projects and Plans for Beginners: Step by Step to Start Your Own Woodworking Projects Today (WoodWorking, Woodworking Projects, Beginners, Step by Step) Classic Rock Fake Book: Over 250 Great Songs of the Rock Era, Arranged for Piano, Vocal, Guitar, Electronic Keyboard an all 'C' Instruments Rock Climbing Joshua Tree West: Quail Springs To Hidden Valley Campground (Regional Rock Climbing Series) Rock Climbing the San

Francisco Bay Area (Regional Rock Climbing Series) Rock Climbing Montana (Regional Rock Climbing Series)

[Dmca](#)