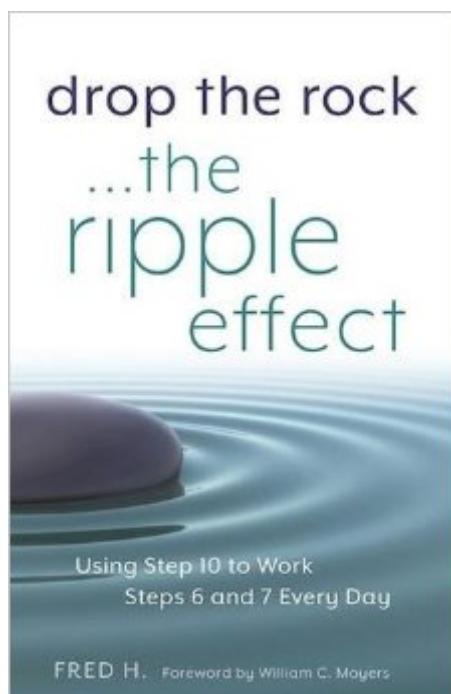


The book was found

# 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 Bookâ™s Promises,â• and move on to Step 10. In this new follow-up resource, Fred H. explores what he calls â•the ripple effectâ• that can be created by using Step 10 to practice Steps 6 and 7 every day and avoid picking up â•the rockâ• 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 Rockâ•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

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## 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 privilage 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.

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