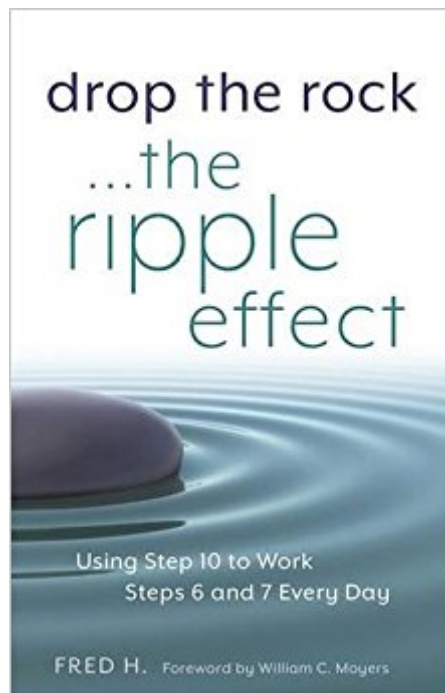


The book was found

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



Synopsis

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. 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 Publishing (April 20, 2016)

Language: English

ISBN-10: 1616496002

ISBN-13: 978-1616496005

Product Dimensions: 5.4 x 0.3 x 8.4 inches

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

Average Customer Review: 4.7 out of 5 stars 70 customer reviews

Best Sellers Rank: #12,432 in Books (See Top 100 in Books) #18 in Books > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs #27 in Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism #1442 in Books > Self-Help

Customer Reviews

¶ This sequel to the original Drop the Rock is an important book because it extends the discussion of emotional sobriety in a very important way; it encourages us to be aware of ourselves 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. — Allen Berger, Ph.D., addiction recovery expert, psychologist, and 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 12 More Stupid Things That Mess Up Recovery.

Fred H. has been in recovery for more than 40 years. He is a popular international speaker on the Big Book and the principles of the Twelve Steps.

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 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 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!!

A truly inspiring and motivating book that will help anyone who is really willing to let go of the

shackles of addiction.I highly recommend this book to those who are looking for true recovery and freedom from their hurts, habits, and hang ups.5 Star Book!

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.

This is an incredible book, just like "Drop the Rock" it is deep but very helpful in looking at some of the areas I want to work on.

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

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

Drop the Rock--The Ripple Effect: Using Step 10 to Work Steps 6 and 7 Every Day Ripple: The Ultimate Beginner's Guide for Understanding Ripple Currency And What You Need to Know (Beginner, Mining, Step by Step, Trading, Basics, XRP, Cryptocurrency) 51 Christmas Drop Cookie Recipes –œ Traditional Drop Cookies, Seasonal and Unique Drop Cookies (The Ultimate Christmas Recipes and Recipes For Christmas Collection Book 6) Living with Multiple Sclerosis: The Ripple Effect The Ripple Effect: The Fate of Freshwater in the Twenty-First Century Ripple Effect (Bear & Noble One) (Jack Noble) Passive Income: Make Money Online using Airbnb: A Step-By-Step Guide to build a passive income stream of \$2000 a month using Airbnb and achieve financial ... Online, Work from Home and More Book 1) Drop the Rock: Removing Character Defects - Steps Six and Seven Drop by Drop Cause & Effect: The September 11 Attacks (Cause & Effect in History) Introduction to Deep Learning Using R: A Step-by-Step Guide to Learning and Implementing Deep Learning Models Using R Classic Rock of the '50s: Early Rock 'n' Roll, Doo-Wop and Rand B - Authentic Guitar-Tab (Classic Rock (Warner)) Rock 'n' Road, 2nd: An Atlas of North American Rock Climbing Areas (Regional Rock Climbing Series) Day Trading: Make Hundreds Daily Day Trading One Hour a Day: Day Trading: A detailed guide on day trading strategies, intraday trading, swing trading and ... Trading, Stock Trading, trader psychology) The Illustrated Step-By-Step Guide To Stencilling And Stamping: 160 Inspirational And Stylish Projects To Make With Easy-to-follow Instructions And ... Step-by-step Photographs And Templates Position of the Day: Sex Every Day in Every Way The ADHD Effect on Marriage: Understand and Rebuild

Your Relationship in Six Steps Crochet: How to Crochet Corner 2 Corner and Ripple Afghans.

Popular and Timeless Techniques for You to Learn. The Metabolism Plan: Discover the Foods and Exercises that Work for Your Body to Reduce Inflammation and Drop Pounds Fast Step by Step

Bond Investing: A Beginner's Guide to the Best Investments and Safety in the Bond Market (Step by Step Investing Book 3)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)