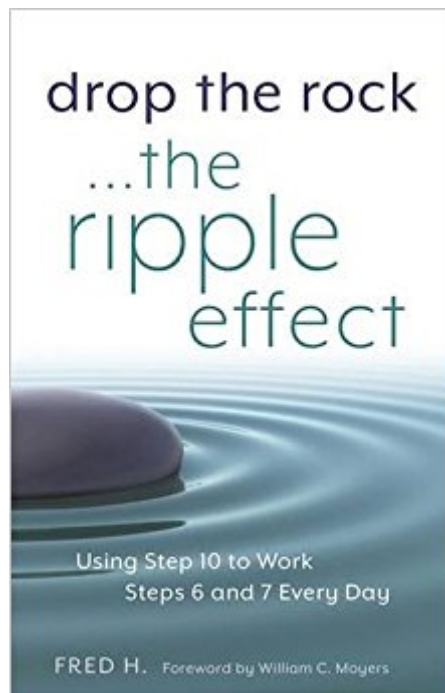




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# Drop The Rock--The Ripple Effect: Using Step 10 To Work Steps 6 And 7 Every Day



## 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

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## Customer Reviews

147; 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.â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

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