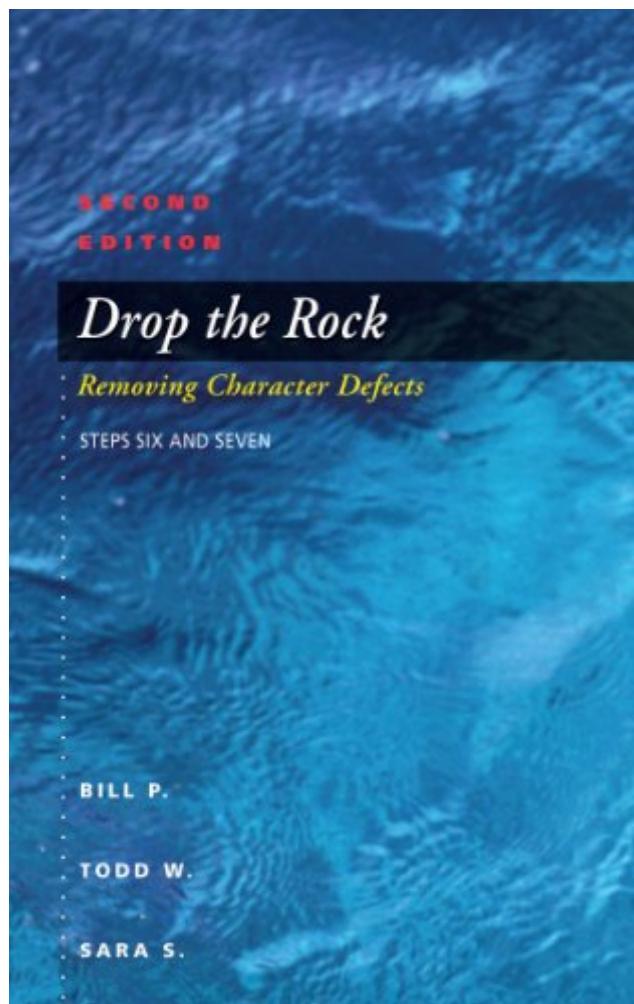


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# Drop The Rock: Removing Character Defects - Steps Six And Seven



## **Synopsis**

Resentment. Fear. Self-Pity. Intolerance. Anger. As Bill P. explains, these are the "rocks" that can sink recovery- or at the least, block further progress. Based on the principles behind Steps Six and Seven, Drop the Rock combines personal stories, practical advice, and powerful insights to help readers move forward in recovery. The second edition features additional stories and a reference section.

## **Book Information**

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## **Customer Reviews**

Bill Wilson referred to AA as a 'Spiritual Kindergarten'. If that is so, then the material in 'Drop The Rock' is for those of us at the Masters or Doctoral level. This book is NOT for the newcomer. Nor is it for those who are blissfully filling their days by 'not drinking and going to meetings'. 'Drop The Rock' is clearly targeted at those who have been sober for some time, but find there are still persistent annoying life problems that resist the all the work one has put into fixing these flaws. This book is short, concise and to the point. The authors have left out much of the new-agey recovery jargon and slogans that weighs down most meetings. Instead, they approach Steps 6&7 from a practical and

logical perspective which demystifies the two steps on which so much of our future happiness hangs. It is an excellent book. One which you could build a meeting or study group around. However, the book is not for everyone. 'Drop The Rock' is only for those who know the intense hunger of desiring real change in life..

This book de mystifies the process of removing character defects. IF you are struggling with what to do with the short directions on step six, this is the book. It gives a detailed description of the life long process of eliminating the defects that we have made into our personalities. As in all things in recovery it guides us through the tentative first steps. I have been searching for a book like this for a very long time. This book has changed the course of my recovery for the better.

Before I read the book I was looking for practical advice on how to do the whole process of removing my character defects-I found all the answers in this little book. It is a practical, hands-on guide to spiritual and emotional growth. I am so grateful to have been recommended to read it by so many other OA members.

Wow! I have been in the program for almost 24 years and this is one of the best books on the 6th and 7th steps I have ever read. I am buying 10 copies to have for all of my friends in the program who after many years still suffer from hanging on to our character defects. I recommend it to anyone in the program. its about taking action!

For those who need it, and unfortunately there are a great many of us, this is a fine book for the "midpoint" of the 12 steps. It is a good place to stop, the first time thru or on a revisit, and re evaluate what you are doing. This book focuses on the reality on that many recovering alcoholics have begun to do the steps by number and by rote at this stage. They have given up drinking, and little else. The book focuses on the need, and the techniques, for dropping the other character flaws which weighted down our spiritual backpack. A fine and needed book.

This book will help anyone - 12 stepper or not. It brings areas of your life to light, allowing you to see your part in it and how you use it. A great source for anyone wanting to grow and change into a better person, the person God intended you to be.

Although Drop the Rock is not program accepted, a group of ladies is doing a book study. This book

does more than anything else I have every seen to explain steps 6 & 7 of the 12 step recovery program of Alcoholics Anonymous. We read a section or two and discuss how it hits a chord, something that has happened that will explain the concept better to others, or just a feeling that we associate with it. Some of it is very intense and has to be gone over in smaller sections. The eight week study we planned is going to last at least twice that. It is a great book in which we can study these steps that people normally float through.

I am writing this for the benefit of anyone who, like me, was overwhelmed by Drop the Rock. I have 101 days of sobriety. One of the first things I learned on coming into AA is that everyone has their own recovery program. In the Big Book, I read that AA's 12-step program is a simple program, and that in AA we seek progress rather than perfection. For my recovery program, I am satisfied to follow what I read in the Big Book and in the Twelve Steps and Twelve Traditions ("12 X 12"), and what I hear from my sponsor and from my fellowship in AA meetings. None of these sources present anything like the complicated and at times ritualistic approach to Steps Six and Seven found in Drop the Rock. If I pursued the program described in Drop the Rock, I'd soon find myself in a state of paralysis brought on by the fear that I hadn't gotten it exactly right. The suggestions in Drop the Rock are far too nuanced and far too many in number for the book to be described as practical. In contrast, Steps Six and Seven seem entirely doable as presented in the Big Book and the 12 X 12. Because my goal in my recovery program is progress rather than perfection, I expect I will be revisiting Steps Six and Seven many times in the years to come. It may be that my understanding of the Twelve Steps will evolve over time, and that I will someday come to value Drop the Rock as others have done. Note: I am not a spokesman for AA

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