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Drop the Rock: 2-Book Bundle: Drop the Rock, Second Edition and Drop the Rock, The Ripple Effect

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Drop the Rock is one of the best-selling recovery books ever, with more than 200,000 copies sold to date. Its companion piece, Drop the Rock . . . The Ripple Effect has already sold thousands of copies. Now it's easy for you to get both of these essential recovery books in a convenient e-book bundle. About Drop the Rock, Second Edition 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. About Drop the Rock. . . The Ripple Effect In this follow-up to Drop the Rock: Removing Character Defects, Fred H. explores "the ripple effect" that can be created by using Step 10 to practice Steps 6 and 7 every day to avoid picking up "the rock" also known as resentment, fear, and self-pity again. Drawing on his years of lecturing on the Big Book of Alcoholics Anonymous and Twelve Steps and Twelve Traditions, Fred H. 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. Drop the Rock. . . The Ripple Effect provides multiple perspectives from people successfully working a Twelve Step Program and shows Step 10 as a key to a sober life free of fear and resentment, and filled with serenity and gratitude.

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