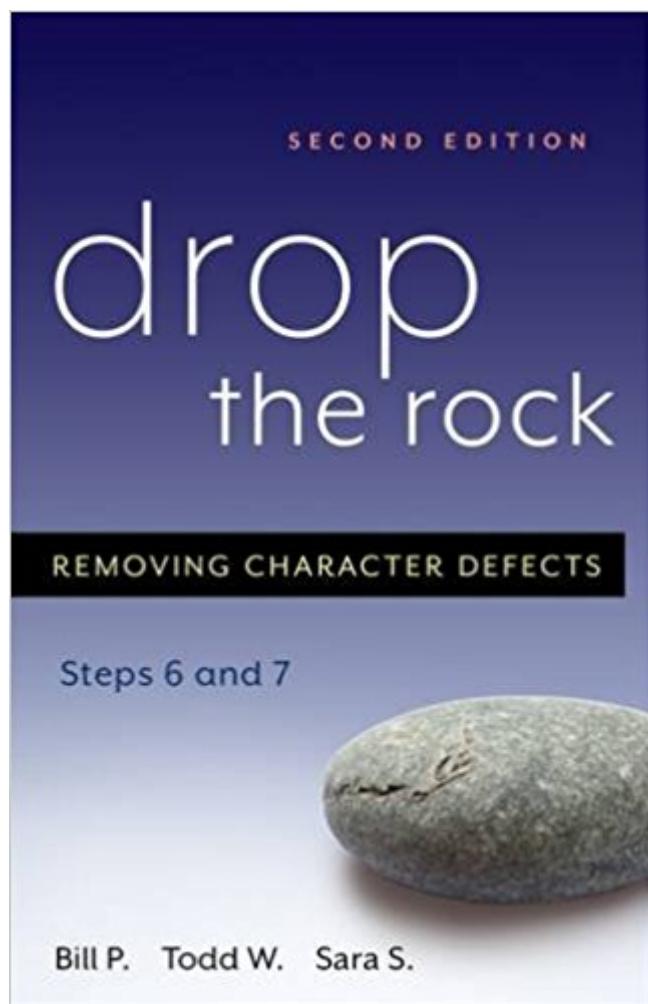


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# Drop The Rock: Removing Character Defects - Steps Six And Seven



## Synopsis

A practical guide to letting go of the character defects that get in the way of true and joyful recovery. 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 P. worked in the alcohol/drug addiction field as a historian, educator, and author, including four years with the AA Grapevine magazine and nine years with Hazelden. Bill passed away in 2007.

This should be a required text for 6th & 7th Step work! This book is very user-friendly and easily comprehended by those who are new to recovery. I truly believe that the instructions contained within the "Big Book" are absolutely essential for recovery. However, I also find it is very deceptive in its brief and concise explanation of the 6th & 7th steps... as if to suggest they don't need as much attention. Therefore, I have noticed that these two steps are often completed in the time it takes to read the two short paragraphs in the Big Book. Fortunately, there is more instruction and discussion in the "12 & 12", however, the language and metaphor are often quite challenging for those who are new to recovery. That's where this book comes to the rescue! This book walks you through the

thought processes of recognizing, identifying and eliminating those defects of character or "shortcomings" which cause us to remain unhappy, unsatisfied and unsuccessful in life. This book provides a fresh and in-depth look at steps 6 & 7 in way that anyone can understand. I have found it to be effective in helping the newcomer to identify the underlying fears with cause the defects of character to activate, so that they may learn the skill of NOT "stepping on the toes of their fellows" and thus, create more harmony in their lives and relationships with others. I highly recommend this book as an essential supplement to the Big Book & 12 & 12 when working steps 6 & 7.

This book is so wonderful. It truly brings to life the sixth and seventh step of the program of AA. It allows readers to truly look at the importance of willingness, and doing the work to move beyond the character defaults that we rely on whether they still work or not. To see our behaviors for what they truly are, habits that we use to side step being our best selves. It is wonderful to share with this book with others to allow ourselves to see how to move forward. There are so many explanations and examples of what it means to be truly ready to have those defaults removed and taking the actions to create behaviors to bring us closer to our Great Spirit.

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 is AWESOME. 6&7 are only 2 paragraphs in the Big Book yet there's so much to them and they are indeed lifelong "maintenance steps" just as important as 10, 11 and 12. I now take all my sponsees through the steps and use Drop the Rock as an essential addendum to the Big Book. This book totally changed my program and 3 years of sobriety and 2 trips through the steps. A MUST READ for anybody in 12 step recovery.

A very good guide, that helps those going through these steps stay on them longer and contemplate them more broadly. Good reference for certain relevant prayers and listing character defects vs. virtues. Some parts are written oddly and thus contradictions occur with in paragraphs even with in sentences

Intense thought provoking read for real self examination. Some of this was difficult for me but i got through it and so glad i did!

When swimming through the rough seas of life, this book gives you solid advice in a easy to understand way. "Drop The Rock"

The author has contributed to my daily work with the tools of the program. A valuable addition to the literature.

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