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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.

["DROP THE ROCK" talk by Sandy B \(the famous 1976 AA ...](#)

Drop The Rock Study Guide - ModApkTown february 15 2015 drop the rock study guide text john 83 11 this series is about finding a new beginning in life taking advantage of drop the rock they all shout let go drop the rock treading water mary looks down at the rock she realizes it contains her fear resentments self pity anger intolerance Drop The ...

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"Drop the rock!" they all shout. "Let go! Drop the rock!" Treading water, Mary looks down at the rock. She realizes it contains her fear, resentments, self-pity, anger, intolerance and other character defects. She also realizes that if she doesn't let go of them, she will drown. She tears off the strings, holds the rock away from her body, and ...

[Drop The Rock - The Ripple Effect - Alcoholics Anonymous ...](#)

An in-depth look at Steps Six and Seven that combines personal stories, practical advice, and powerful insights to help readers move forward in recovery. With more than 100,000 copies sold, Drop the Rock is the definitive guide to removing character defects that can prevent gratifying, long-standing recovery.

[Drop the Rock 000i-xx fmQ4 - Hazelden](#)

"To become the person we can become, we must drop the rock—all the grasping and holding on to old patterns of behaving, thinking, and feeling that are harmful to ourselves and to others." — Bill Pittman, Drop the Rock: Removing Character Defects - Steps Six and Seven.

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Buy Drop The Rock: Removing Character Defects 2Rev Ed by P., Bill (ISBN: 9781592851614) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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Getting rid of old ideas.-- The famous 1976 AA convention talk by Sandy B. called "Drop the Rock." Although Sandy's dropping the rock image is only three min...

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Sandy B giving his "Drop the Rock" talk at a gathering organized by Chuck C (glasses). This is the talk that propelled Sandy into circuit speaking. This is a great, funny, real AA "talk" but his later stuff, early 21st Century, is spirituality focused and miles ahead. Reply ←

[Drop The Rock Quotes by Bill Pittman - Goodreads](#)

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 ...

[The Famous "Drop The Rock" Talk - 1976 | RecoveryAudio.org](#)

Please DROP YOUR ROCK. It will destroy you. Resentment, jealousy, anger. There is so much anger in people that, if you hit the right button, they will go into a rage. You need to DROP YOUR ROCK and fall at the feet of Jesus.

[Drop the Rock AA Workshops on the App Store](#)

1976 AA convention talk by Sandy B. called "Drop the Rock." Although Sandy's dropping the rock image is only three minutes of a fifty-minute talk, it has become legendary. Thanks, Sandy, for letting us include your "Drop the Rock" parable in this edition. Thank you to all those who have contributed to the produc-

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Drop the Rock: Removing Character Defects - Steps Six and Seven [P., Bill, Todd Weber, S., Sara] on Amazon.com. *FREE* shipping on qualifying offers. Drop the Rock: Removing Character Defects - Steps Six and Seven

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Drop the Rock--The Ripple Effect: Using Step 10 to Work Steps 6 and 7 Every Day (Volume 1) Fred H. 4.8 out of 5 stars 729. Paperback. CDN\$19.75. Twenty-Four Hours a Day Anonymous. 4.8 out of 5 stars 1,723. Hardcover. CDN\$22.65. Twelve Steps and Twelve Traditions Trade Edition Anonymous. 4.8 ...

[Drop the Rock: AA's Steps 6, 7 and 10 | Hazelden Betty Ford](#)

Good supplement for step 6 and step 7 work Drop the Rock provided me with a deeper understanding of steps 6 and 7. It provided more context

about how to work these steps in a more meaningful way. flag Like · see review. Aug 04, 2020 David H. Wormley added it · review of another edition.

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