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This book is fantastic for any recovering alcoholic, or anyone in recovery struggling. It helps one get a deep understanding of what humility is and how we really can change. It is very easy to read, and all 120 pages are very thought provoking and helpful. Including Joe Mcquancy's idea and experience of drop the rock.

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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.

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The character defect of putting off actions “ until things get better ” is one of the most destructive detours we can make. Delays never make problems “ go away; ” they only make success harder to attain. ” . Bill P., Drop the Rock: Removing Character Devects - Steps 6 and Seven. 5 likes.

### ~~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.

### ~~Drop The Rock... The Ripple Effect: Amazon.co.uk: H., Fred ...~~

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