



Drop the Rock: Removing Character Defects - Steps Six and Seven

By Bill P., Todd W., Sara S.



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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.

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Editorial Review

About the Author

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.

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