

## Drop The Rock The Ripple Effect Using Step 10 To

Alcoholics Anonymous  
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 Drop the Rock  
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### **BROCK CHURCH**

**Alcoholics Anonymous** Simon and Schuster  
 This guide to the Twelve Steps from Dr. Stephanie S. Covington, a pioneer in the field of women's issues, addiction, and recovery, preserves the spirit of the Alcoholics Anonymous program with a focus on healing language with women's needs in mind. Published in 1994, *A Woman's Way through the Twelve Steps* has long been a unique resource that helps women find their own paths in recovery—paths shaped by the way women experience not only addiction and recovery, but also relationships, self, sexuality, spirituality, and everyday life. Now, stories from five new voices expand the perspective of this recovery classic. Over the past thirty years, what it means to identify as a woman in recovery has broadened to include transgender, nonbinary, and other gender-diverse people. This new edition includes updated, inclusive language to be more trauma-sensitive and welcoming to all women. This compilation of diverse voices and wisdom from real people illuminates how women understand the Twelve Steps of Alcoholics Anonymous (AA) and offers inspiring stories of how they travel through the Steps and discover what works for them. The book can be used alone or as a companion to AA's Twelve Steps and Twelve Traditions. By identifying and addressing the special issues that recovery presents for women, this book empowers women to take ownership of their own journeys and to grow and flourish in recovery.

**Asked What Has Changed** New Look Publishing Company  
 For people in recovery from substance abuse, self-pity and negative thinking are bait for destructive tendencies. Any addictive thoughts can sabotage the emotional progress you make through treatment and diligent work in sobriety. *Easy Does It* provokes daily reflection through its inspirational quotes, meditations, and AA slogans. Now, cravings meet compassion, and self-pity meets self-love. Your recovery finds its heartbeat. Inner peace and contentment will disable any trauma, loneliness, or emotional pains in your recovery. Remember, though: spiritual awakenings and contentment do not come all at once. Recovery is not a light switch, but a daily march. The march must always be purposeful and patient, and no one can do it for you. *Easy Does It*, written by the authors of *The Twelve-Step Prayer Book*, is a Twelve-Step meditation book that guides your intentions on a daily basis. It relies upon its deep understanding of spirituality and mindfulness to bring about serenity. These aren't simple buzzwords: they are the birthplace of your day's spirit. One simple thought can change your day. Make yours serene.

**Drop the Rock** Penguin

Being of service is essential to staying sober and can add a new level of perspective and gratitude to your life. Learn about the power of Step 12 and how to weave service into your day-to-day. "Nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail."—Alcoholics Anonymous  
 The culmination of all of the steps, Step 12 calls on each of us to complete our transformation from a self-centered existence fueled by addiction to one of joy and freedom through service to others. In *Walk the Talk with Step 12* Gary K. explores the history of Step 12 and redefines what it means to practice this critical step in modern times. Through inspiring testimonials, including the author's own dramatic story as a survivor of 9/11, we learn how a life of service extends far beyond helping other alcoholics and addicts, and reveals the power of such practices as honesty, tolerance, and love in stabilizing and supporting long term recovery. With passion and insight, Gary K. incites each of us—sponsors and sponsees, newcomers and old timers alike—to define our own paths of service and experience the rewards of community and connection.

*Joe and Charlie* HarperCollins

Award-winning poet Ed Roberson confronts the realities of an era in which the fate of humanity and the very survival of our planet are uncertain. Departing from the traditional nature poem, Roberson's work reclaims a much older tradition, drawing into poetry's orbit what the physical and human sciences reveal about the state of a changing world. These poems test how far the lyric can go as an answer to our crisis, even calling into question poetic form itself. Reflections on the natural world and moments of personal interiority are interwoven with images of urbanscapes, environmental crises, and political instabilities. These poems speak life and truth to modernity in all its complexity. Throughout, Roberson takes up the ancient spiritual concern—the ephemerality of life—and gives us a new language to process the feeling of living in a century on the brink. Morello's Venice startled to hear the doctor say this would be the last time he would see it, a person used to keeping things alive talking terminus — even more startled when he returned to hear him say it wasn't there there were terrible rains bookings cancelled. when late he arrived, everything was gone. his wife had a cold. they bundled together in blankets. he refilled my prescription to restore my soul.

*Practice These Principles* Simon and Schuster

The effects of war refuse to remain local: they persist through the centuries, sometimes in unlikely ways far removed from the military arena. In *Ripples of Battle*, the acclaimed historian Victor Davis Hanson weaves wide-ranging military and cultural history

with his unparalleled gift for battle narrative as he illuminates the centrality of war in the human experience. The Athenian defeat at Delium in 424 BC brought tactical innovations to infantry fighting; it also assured the influence of the philosophy of Socrates, who fought well in the battle. Nearly twenty-three hundred years later, the carnage at Shiloh and the death of the brilliant Southern strategist Albert Sidney Johnson inspired a sense of fateful tragedy that would endure and stymie Southern culture for decades. The Northern victory would also bolster the reputation of William Tecumseh Sherman, and inspire Lew Wallace to pen the classic *Ben Hur*. And, perhaps most resonant for our time, the agony of Okinawa spurred the Japanese toward state-sanctioned suicide missions, a tactic so uncompromising and subversive, it haunts our view of non-Western combatants to this day.

**Drop the Rock--The Ripple Effect** Yearling

Recovery is hard, but it doesn't have to be complicated. If sobriety were easy, everybody who wanted to be sober would be. And especially for those who are just starting out in Alcoholics Anonymous, Narcotics Anonymous, or another Twelve Step program, the prospect of trying to change drinking, using, or other harmful behaviors can seem overwhelming. The good news is there are just three key things we need to focus on. Trust God. Clean house. Help others. *Three Simple Rules* offers a new take on this valuable slogan and explains how these rules can help anyone find fulfilling recovery. Author Michael Graubart also knows that those six short words are packed with meaning and may not sound so straightforward. Luckily, you don't have to figure it out on your own. Michael uses wit and wisdom gained in more than twenty years of Twelve Step recovery to explain what worked for him so you can figure out what works you. In Michael's experience, if you follow the Steps, and focus on the three simple rules, you'll be changed by the process.

**A Woman's Way through the Twelve Steps** Simon and Schuster  
**NOMINATED FOR MULTIPLE STATE AWARDS!** If one small act can create a ripple across the universe . . . what happens when a whole group of kids join together and act? Told in eight perspectives—including one in graphic novel form--*Operation Frog Effect* is perfect for fans of Andrew Clements, Rob Buyea, and Sarah Weeks, and for anyone who wants to make a difference. Hi - It's us, Ms. Graham's class. We didn't mean to mess things up. But we did. We took things too far, and now Ms. Graham is in trouble--for something we did. We made a mistake. The question is, can we fix it? Ms. Graham taught us that we get to choose the kind of people we want to be and that a single act can create ripples. So get ready, world--we're about to make some ripples. Sincerely, Kayley, Kai, Henry, Aviva, Cecilia, Blake, Sharon, Emily (and Kermit, class frog) Everyone makes mistakes. But what happens when your mistake hurts someone else? Told in eight

perspectives—including one in graphic novel form, Operation Frog Effect celebrates standing up and standing together, and tells the unforgettable story of how eight very different kids take responsibility for their actions and unite for a cause they all believe in. "A heartfelt novel with complex characters who realize that to promote change in the world, they first have to change how they see each other."—John David Anderson, author of *Ms. Bixby's Last Day*  
*Step Up* The PageSmith LLC  
 The basic text for Alcoholics Anonymous.

**A Gentle Path Through the Twelve Steps** August House  
 Drop the Rock—The Ripple Effect provides multiple perspectives from people successfully working a Twelve Step Program, showing Step 10 as a key to a sober life free of fear and resentment and filled with serenity and gratitude. When *Drop the Rock: Removing Character Defects* was first published in 1999, it quickly became the standard resource for working Steps 6 and 7, two of the most challenging of the Twelve Steps for many people in recovery. Learning what it means to fully surrender character defects frees you to make amends with Steps 8 and 9, realize the Big Book's "Promises," and move on to Step 10. In this new follow-up resource, Fred H. explores what he calls "the ripple effect" that can be created by using Step 10 to practice Steps 6 and 7 every day and avoid picking up "the rock" again. Drawing on his years of lecturing on the Big Book of Alcoholics Anonymous and Twelve Steps and Twelve Traditions, he 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. Like its predecessor, *Drop the Rock—The Ripple Effect* provides multiple perspectives from people successfully working a Twelve Step Program, showing Step 10 as a key to a sober life free of fear and resentment and filled with serenity and gratitude. Fred H. has worked in the field of addiction and recovery for over three decades and is the director of the retreat center for a leading addiction treatment program. He is a popular international speaker on the Big Book and the principles of the Twelve Steps.

*A New Pair of Glasses* Wesleyan University Press  
 Data-governance programs focus on authority and accountability for the management of data as a valued organizational asset. Data Governance should not be about command-and-control, yet at times could become invasive or threatening to the work, people and culture of an organization. Non-Invasive Data Governance™ focuses on formalizing existing accountability for the management of data and improving formal communications, protection, and quality efforts through effective stewarding of data resources. Non-Invasive Data Governance will provide you with a complete set of tools to help you deliver a successful data governance program. Learn how: • Steward responsibilities can be identified and recognized, formalized, and engaged according to their existing responsibility rather than being assigned or handed to people as more work. • Governance of information can be applied to existing policies, standard operating procedures, practices, and methodologies, rather than being introduced or emphasized as new processes or methods. • Governance of information can support all data integration, risk management, business intelligence and master data management activities rather than imposing inconsistent rigor to these initiatives. • A practical and non-threatening approach can be applied to governing information and promoting stewardship of data as a cross-organization asset. • Best practices and key concepts of this non-threatening approach can be communicated effectively to leverage strengths and address opportunities to improve.

**Drop the Rock: 2-Book Bundle** Simon and Schuster  
 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.

**The Little Red Book** Simon and Schuster  
 Named a Best Book of the Year by *The New Yorker* and *The Boston Globe* An authoritative, illuminating, and deeply humane history of addiction—a phenomenon that remains baffling and deeply misunderstood despite having touched countless lives—by an addiction psychiatrist striving to understand his own family and himself "Carl Erik Fisher's *The Urge* is the best-written and most incisive book I've read on the history of addiction. In the midst of an overdose crisis that grows worse by the hour and has

vexed America for centuries, Fisher has given us the best prescription of all: understanding. He seamlessly blends a gripping historical narrative with memoir that doesn't self-aggrandize; the result is a full-throated argument against blaming people with substance use disorder. *The Urge* is a propulsive tour de force that is as healing as it is enjoyable to read." —Beth Macy, author of *Dopesick* Even after a decades-long opioid overdose crisis, intense controversy still rages over the fundamental nature of addiction and the best way to treat it. With uncommon empathy and erudition, Carl Erik Fisher draws on his own experience as a clinician, researcher, and alcoholic in recovery as he traces the history of a phenomenon that, centuries on, we hardly appear closer to understanding—let alone addressing effectively. As a psychiatrist-in-training fresh from medical school, Fisher was soon face-to-face with his own addiction crisis, one that nearly cost him everything. Desperate to make sense of the condition that had plagued his family for generations, he turned to the history of addiction, learning that the current quagmire is only the latest iteration of a centuries-old story: humans have struggled to define, treat, and control addictive behavior for most of recorded history, including well before the advent of modern science and medicine. A rich, sweeping account that probes not only medicine and science but also literature, religion, philosophy, and public policy, *The Urge* illuminates the extent to which the story of addiction has persistently reflected broader questions of what it means to be human and care for one another. Fisher introduces us to the people who have endeavored to address this complex condition through the ages: physicians and politicians, activists and artists, researchers and writers, and of course the legions of people who have struggled with their own addictions. He also examines the treatments and strategies that have produced hope and relief for many people with addiction, himself included. Only by reckoning with our history of addiction, he argues—our successes and our failures—can we light the way forward for those whose lives remain threatened by its hold. *The Urge* is at once an eye-opening history of ideas, a riveting personal story of addiction and recovery, and a clinician's urgent call for a more expansive, nuanced, and compassionate view of one of society's most intractable challenges.

*Ripples of Battle* Simon and Schuster  
 The Joe & Charlie Journey to Recovery in THE BIG BOOK COKMES ALIVE is a book that you'll want to read for your own Big Book AA recovery as well as get for your friend too.

*The Soul of Sponsorship* Createspace Independent Publishing Platform

My family tried to break me. But, somehow, I made it out alive, even though the wounds from that survival are forever carved into my bones. Now, my only wish is for...normal. To know what it's like to have friends, a job, a home. The last thing I want is for my new roommate to see the scars I'm so desperate to keep hidden, especially not the ruggedly handsome man who steals my breath and sends my heart into overdrive. But something tells me that Beckett has demons, too. I see it in the shadows haunting his gorgeous eyes and the way he looks at me with gentle understanding. As our unlikely friendship becomes so much more, forces from my life slink out of the shadows. And we could both lose everything we've fought so hard for—down to our very last breaths... \*\*\*\*\* Read what reviewers are saying about *Hidden Waters*: "The Tattered & Torn series is one of my ultimate favorites and *Hidden Waters* is book three of the reasons why. A romance that combines family saga, searing chemistry, and thrilling suspense—*Hidden Waters* is another 2022 must-read from Catherine Cowles!—Samantha Young, *New York Times* bestselling author of the *On Dublin Street* Series. "I absolutely LOVED *Hidden Waters*. It's everything amazing about a small town romance...family, secrets, old wounds, unforgettable connections, plus the sweetest love story that had my heart soaring. Mixed with that suspense that is so distinctly Catherine Cowles, it's an absolute must read! Addie and Beckett were magic together!" - A.L. Jackson *New York Times* Bestselling Author \*\*\*\*\* Read what others are saying about Catherine Cowles: "I fell in love with these characters, with the writing, and with this unexpected story. I can't recommend it enough!" - Alessandra Torre, *New York Times* Bestseller "Cowles writes fresh, addicting, and intensely beautiful stories!" - Susan Stoker, *New York Times* Bestseller "Catherine Cowles has a way of pulling the reader into the world she has created and leaves you there for days after you have read the last page." - Kelly Elliott, *New York Times* Bestseller "I walked away knowing I would read every single thing this

talented new author ever writes." - Natasha is a Book Junkie \*\*\* Perfect for fans of Kristen Ashley, Corinne Michaels, Nora Roberts, and Devney Perry.

*Hidden Waters* Hazelden Publishing & Educational Services  
 "Alex Prud'homme's remarkable work of investigative journalism shows how fresh water is the pressing global issue of the twenty-first century"--

**The Book That Started It All** Simon and Schuster  
 "We alcoholics are undisciplined" page 88 of the Big Book of Alcoholics Anonymous. This 10th Step Journal is an accountability tool and wonderful for newcomers in their first 90 days or someone with longer sobriety/clean time that needs a little help staying on track.

**Non-Invasive Data Governance** Thomas Nelson  
 Discover the God-inspired difference only you can make in the world . . . using the key you never knew you had. Tim Tebow credits his mom with being the key to his success—but Pam never expected that she would be known on a national stage. For most of her life, she was serving quietly and faithfully as a wife and a mom—choosing life for her child in the face of medical risks, answering the Lord's call to mission work in the Philippines, and homeschooling before anyone knew what the word meant. But all along the way, her experiences—and her consistent, everyday choices to follow the Lord and to serve wherever He placed her—were creating unexpected ripples of influence throughout her family, her community, and her world. And they would end up extending far beyond anything she ever imagined. Pam believes that every one of us can be influential—and that deep within a woman's heart is the desire to use her influence for good. In *Ripple Effects*, Pam uncovers and explores the miraculous motivating power of influence we can have on this generation and the next, no matter where we are planted in life. Whether we are in the midst of endless diaper changes, climbing up the corporate ladder, or simply doing our best to live, love, and serve well each day, Pam will encourage us to maximize our God-given opportunities for influence—and watch how far the ripples will spread.

*The Search For Serenity And How To Achieve It* Tyndale House Publishers

This book is about people who have found it necessary to change the way they feel. They have learned that one's feelings are largely the result of certain complex patterns of habit. To change these emotional habits requires understanding, patience and self-discipline. In simple language this book attempts to describe some of the practical ways in which one can replace misery with serenity.

*Each Kindness* Penguin  
 "Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others, and to practice these principles in all our affairs." -STEP 12 of the TWELVE STEPS Sponsorship is a key construct in A. A. and other Twelve Step groups, and the twelfth step is the foundation of the sponsorship dynamic essential to recover - both for the sponsor and the sponsoree. This book addresses the concern of many in the A. A. community that sponsors have lost some skills in working with alcoholics. By offering tools for helping others find recovery and new life through the Twelve Step program, Joe McQ has created a guide for sponsors to use in working with others. By refocusing his readers on the Big Book, the Twelve Steps, and their message, McQ appeals for a return to the roots and essence of the A. A. program. Moreover, he issues a strong call to action, for return to the fullness and the integrity of the miraculous recovery program.

**Dropping Your Rock** Simon and Schuster  
 An extraordinary reproduction of the original working manuscript of the Big Book of Alcoholics Anonymous, with an introduction and notes by a panel of celebrated AA historians. *The Book That Started It All* offers fresh insights into the history and foundation of the revolutionary Alcoholics Anonymous program. Reproduced in this elegant gift edition, the original working manuscript is the missing link in our understanding of what transpired between AA founder Bill Wilson's first draft of Alcoholics Anonymous and the first published edition. In January 1939, Wilson and other AA founders distributed 400 copies of his typed manuscript to everyone they could think of "who might be concerned with the problem of alcoholism," to test out the program. As the loan copies were returned, suggestions for revision were considered and written out in colored pencil on one master copy that was eventually submitted for publication. The many changes made in black, green, and red on page after page are shown here in their original form, revealing the opinions, debates, and discussions that went into making the Big Book.