

# Drop The Rock

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*Drop The Rock*

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## CALI KALEB

*Drop by Drop* Simon and Schuster

Krakauer's page-turning bestseller explores a famed missing person mystery while unraveling the larger riddles it holds: the profound pull of the American wilderness on our imagination; the allure of high-risk activities to young men of a certain cast of mind; the complex, charged bond between fathers and sons. "Terrifying... Eloquent... A heart-rending drama of human yearning." —New York Times In April 1992 a young man from a well-to-do family hitchhiked to Alaska and walked alone into the wilderness north of Mt. McKinley. He had given \$25,000 in savings to charity, abandoned his car and most of his possessions, burned all the cash in his wallet, and invented a new life for himself. Four months later, his decomposed body was found by a moose hunter. How Christopher Johnson McCandless came to die is the unforgettable story of *Into the Wild*. Immediately after graduating from college in 1991, McCandless had roamed through the West and Southwest on a vision quest like those made by his heroes Jack London and John Muir. In the Mojave Desert he abandoned his car, stripped it of its license plates, and burned all of his cash. He would give himself a new name, Alexander Supertramp, and, unencumbered by money and belongings, he would be free to wallow in the raw, unfiltered experiences that nature presented. Craving a blank spot on the map, McCandless simply threw the maps away. Leaving behind his desperate parents and sister, he vanished into the wild. Jon Krakauer constructs a clarifying prism through which he reassembles the disquieting facts of McCandless's short life. Admitting an interest that borders on obsession, he searches for the clues to the drives and desires that propelled McCandless. When McCandless's innocent mistakes turn out to be irreversible and fatal, he becomes the stuff of tabloid headlines and is dismissed for his naiveté, pretensions, and hubris. He is said to have had a death wish but wanting to die is a very different thing from being compelled to look over the edge. Krakauer brings McCandless's uncompromising pilgrimage out of the shadows, and the peril, adversity, and renunciation sought by this enigmatic young man are illuminated with a rare understanding—and not an ounce of sentimentality. Mesmerizing, heartbreaking, *Into the Wild* is a tour de force. The power and luminosity of Jon Krakauer's stoytelling blaze through every page.

*Drop the Rock* Thomas Nelson

A fascinating, account of the discovery and program of Alcoholics Anonymous, Not God contains anecdotes and excerpts from the diaries, correspondence, and occasional memoirs of AA's early figures. The most complete history of A.A. ever written. Not God contains anecdotes and excerpts from the diaries, correspondence, and occasional memoirs of A.A.'s early figures. A fascinating, fast-moving, and authoritative account of the discovery and development of the program and fellowship that we know today as Alcoholics Anonymous.

*Dropping Your Rock* Simon and Schuster

Sylvia is shocked and confused when she is asked to be one of the first black students to attend Central High School, which is scheduled to be integrated in the fall of 1957, whether people like it or not. Before Sylvia makes her final decision, smoldering racial tension in the town ignites into flame. When the smoke clears, she sees clearly that nothing is going to stop the change from coming. It is up to her generation to make it happen, in as many different ways as there are colors in the world.

**Carry This Message** Thomas Nelson

*Sober But Stuck* addresses common issues, such as fear of failure, unhealthy relationships, and resentments, that can act as barriers to serenity and ultimately threaten sobriety. People in recovery soon find out that maintaining abstinence from alcohol and other drugs is only half the battle. *Sober But Stuck* addresses the issues that can act as barriers to serenity and ultimately threaten sobriety. *Sober But Stuck* topics include fear of failure, unhealthy or dependent relationships, resentments, and more. Provides needed encouragement for maintaining recovery from alcohol and other drugs.

**Sober But Stuck** Cornell University Press

*Drop the Rock* is one of the best-selling recovery books ever, with more than 200,000 copies sold to date. It's companion piece, *Drop the Rock . . . The Ripple Effect* has already sold thousands of copies. Now it's easy for you to get both of these essential recovery books in a convenient e-book bundle. About *Drop the Rock*, Second Edition 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. 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. Drawing on his years of lecturing on the Big Book of Alcoholics Anonymous and *Twelve Steps and Twelve Traditions*, Fred H. 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. *Drop the Rock . . . The Ripple Effect* provides multiple perspectives from people successfully working a Twelve Step Program and shows Step 10 as a key to a sober life free of fear and resentment, and filled with serenity and gratitude.

*The Little Red Book* Verso

A bold and inspiring memoir and manifesto from a renowned voice in the women's leadership movement who shows women how to cultivate the single skill they really need in order to thrive: the ability to let go. Once the poster girl for doing it all, after she had her first child, Tiffany Dufu struggled to accomplish everything she thought she needed to in order to succeed. Like so many driven and talented women who have been brought up to believe that to have it all, they must do it all, Dufu began to feel that achieving her career and personal goals was an impossibility. Eventually, she discovered the solution: letting go. In *Drop the Ball*, Dufu recounts how she learned to reevaluate expectations, shrink her to-do list, and meaningfully engage the assistance of others—freeing the space she needed to flourish at work and to develop deeper, more meaningful relationships at home. Even though women are half the workforce, they still represent only eighteen per cent of the highest level leaders. The reasons are obvious: just as women reach middle management they are also starting families. Mounting responsibilities at work and home leave them

with no bandwidth to do what will most lead to their success. Offering new perspective on why the women's leadership movement has stalled, and packed with actionable advice, Tiffany Dufu's *Drop the Ball* urges women to embrace imperfection, to expect less of themselves and more from others—only then can they focus on what they truly care about, devote the necessary energy to achieving their real goals, and create the type of rich, rewarding life we all desire.

**The Art of Asking** New Look Publishing Company

• New York Times bestseller • The 100 most substantive solutions to reverse global warming, based on meticulous research by leading scientists and policymakers around the world "At this point in time, the *Drawdown* book is exactly what is needed; a credible, conservative solution-by-solution narrative that we can do it. Reading it is an effective inoculation against the widespread perception of doom that humanity cannot and will not solve the climate crisis. Reported by-effects include increased determination and a sense of grounded hope." —Per Espen Stoknes, Author, *What We Think About When We Try Not To Think About Global Warming* "There's been no real way for ordinary people to get an understanding of what they can do and what impact it can have. There remains no single, comprehensive, reliable compendium of carbon-reduction solutions across sectors. At least until now. . . . The public is hungry for this kind of practical wisdom." —David Roberts, Vox "This is the ideal environmental sciences textbook—only it is too interesting and inspiring to be called a textbook." —Peter Kareiva, Director of the Institute of the Environment and Sustainability, UCLA In the face of widespread fear and apathy, an international coalition of researchers, professionals, and scientists have come together to offer a set of realistic and bold solutions to climate change. One hundred techniques and practices are described here—some are well known; some you may have never heard of. They range from clean energy to educating girls in lower-income countries to land use practices that pull carbon out of the air. The solutions exist, are economically viable, and communities throughout the world are currently enacting them with skill and determination. If deployed collectively on a global scale over the next thirty years, they represent a credible path forward, not just to slow the earth's warming but to reach drawdown, that point in time when greenhouse gases in the atmosphere peak and begin to decline. These measures promise cascading benefits to human health, security, prosperity, and well-being—giving us every reason to see this planetary crisis as an opportunity to create a just and livable world.

**The Rock from the Sky** Simon and Schuster

The newly compiled 12 Step Prayer Book offers adapted and traditional prayers to complement any Twelve Step program or any mindful recovery experience. Collected and compiled from varied authors, faiths, and lifestyles, these prayers of strength and healing will give you a thought for each day. These are the faithful words of the world. From Bill P., the author of the recovery classics *Easy Does It* and *Drop the Rock*, and Lisa D., comes this cherished set of prayers, now presented for the first time as part of Hazelden's beloved series of daily readings. Bookended by morning and nightly prayers, this new edition now provides prayers and readings based on themes related to each Step. Regardless of your religious affiliation or a lack thereof, prayer houses infinite power: it is the spiritual language of the unified human experience. In a modern approach to prayer and meditation, *The 12 Step Prayer Book* utilizes sources from across the world to support your recovery. Treatment, counseling, and other forms of therapy are unquestionably necessary for sobriety. They are, however, finite. Once they end, what becomes our source of hope, strength, and wisdom? Twelve Step recovery demands continuous spiritual growth, and spiritual growth demands a Higher Power. Our faith needn't be perfect, but it must be present. Through prayer and daily connection with the spiritual, our hearts remain full and open to the life recovery promises.

**Scary Close** Penguin

Designed as an aid for the study of the book, Alcoholics Anonymous, *The Little Red Book* contains many helpful topics for discussion meetings. This is the original study guide to the Big Book, Alcoholics Anonymous. Filled with practical information for those first days of sober living, this little book: offers newcomers advice about the program, how long it takes, and what to look for in a sponsorprovides in-depth discussions of each of the Twelve Steps and related character defectsposes common questions about AA and helping others, identifying where to find answers in the Big Bookfeatures non-sexist language.

**Water from the Rock** Flatiron Books

When it comes to authenticity, is being fully yourself always worth the risk? From the author of *Blue Like Jazz* comes New York Times bestseller *Scary Close*, Donald Miller's journey of uncovering the keys to a healthy relationship and discovering that they're also at the heart of building a healthy family, a successful career, and a trusted community of friends. After decades of failed relationships and painful drama, Miller decided that he'd had enough. Trying to impress people wasn't helping him truly connect with anyone—and neither was pretending to be someone he wasn't. He'd built himself a life of public isolation, but he dreamed of having a life defined by meaningful relationships instead. At 40-years-old, he made a scary decision: he was going to be his true self no matter what it might cost. *Scary Close* tells the story of Miller's difficult choice to impress fewer people and connect with even more. It's about the importance of knocking down old walls to finally experience the freedom that comes when we stop playing a part and start being fully ourselves. In *Scary Close*, Miller shares everything he's learned firsthand about how to: Deconstruct the old habits that no longer serve us Overcome the desire to please the people around us Always tell the truth, even when it's hard Find satisfaction in a daily portion of real love Risk being fully known in order to deeply love and be loved Apply these lessons to your everyday life If you're ready to drop the act and find true, life-changing intimacy, it's time to get *Scary Close*.

**How to Kill a Rock Star** Kar-Ben Publishing™

Look up! From the Caldecott Medal-winning creator of the Hat Trilogy comes a new deadpan gem. Turtle really likes standing in his favorite spot. He likes it so much that he asks his friend Armadillo to come over and stand in it, too. But now that Armadillo is standing in that spot, he has a bad feeling about it . . . Here comes *The Rock from the Sky*, a hilarious meditation on the workings of friendship, fate, shared futuristic visions, and that funny feeling you get that there's something off somewhere, but you just can't put your finger on it. Merging broad visual suspense with wry wit, celebrated picture book creator Jon Klassen gives us a wholly original comedy for the ages.

**In God's Care** Hal Leonard Corporation

A modern-day classic. This highly acclaimed adventure series about two friends desperate to save their doomed city has captivated kids and teachers alike for almost fifteen years and has sold over

3.5 MILLION copies! The city of Ember was built as a last refuge for the human race. Two hundred years later, the great lamps that light the city are beginning to flicker. When Lina finds part of an ancient message, she's sure it holds a secret that will save the city. She and her friend Doon must race to figure out the clues before the lights go out on Ember forever! Nominated to 28 State Award Lists! An American Library Association Notable Children's Book A New York Public Library 100 Titles for Reading and Sharing Selection A Kirkus Reviews Editors' Choice A Child Magazine Best Children's Book A Mark Twain Award Winner A William Allen White Children's Book Award Winner "A realistic post-apocalyptic world. DuPrau's book leaves Doon and Lina on the verge of undiscovered country and readers wanting more." —USA Today "An electric debut." —Publishers Weekly, Starred "While Ember is colorless and dark, the book itself is rich with description." —VOYA, Starred "A harrowing journey into the unknown, and cryptic messages for readers to decipher." —Kirkus Reviews, Starred **Drop** Simon and Schuster

A history of coffee from the sixth century to Starbucks that's "good to the last sentence" (Las Cruces Sun News). One of Library Journal's "Best Business Books" This updated edition of *The Coffee Book* is jammed full of facts, figures, cartoons, and commentary covering coffee from its first use in Ethiopia in the sixth century to the rise of Starbucks and the emergence of Fair Trade coffee in the twenty-first. The book explores the process of cultivation, harvesting, and roasting from bean to cup; surveys the social history of café society from the first coffeehouses in Constantinople to beatnik havens in Berkeley and Greenwich Village; and tells the dramatic tale of high-stakes international trade and speculation for a product that can make or break entire national economies. It also examines the industry's major players, revealing the damage that's been done to farmers, laborers, and the environment by mass cultivation—and explores the growing "conscious coffee" market. "Drawing on sources ranging from Molière and beatnik cartoonists to the Food and Agriculture Organization, the authors describe the beverage's long and colorful rise to ubiquity." —The Economist "Most stimulating." —The Baltimore Sun

**Not God** Sourcebooks, Inc.

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 Ink in the Grooves** Flatiron Books

*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.

**Drawdown** Princeton University Press

True, lasting recovery requires us to create and maintain inner peace. For many, it springs from a practice of mindfulness, for others from the rituals of religion. But not everyone finds a connection with a Higher Power in those ways. Through daily reflection and meditation, In God's Care gifts a healing inspiration to our spirit. Steadily, we find spiritual growth. Recovery is an act of faith. An addict is promised healing and self-development through the rigors of counseling, treatment, therapy, and a Twelve Step program. With motivational guidance, addictive behaviors are abandoned, coping skills are learned, and sobriety is lasting. The cycle of addiction is broken by trusting in the process. This is the power of faith: a new way of life. Co-author Karen Casey, who wrote the bestselling recovery classic *Each Day a New Beginning*, harnesses this power to transform life's struggles into a devotional outlook. These heartfelt meditations encourage the optimism needed for continuous change. It doesn't matter what we call the goodness we wish to be and see—God or otherwise. It only matters that we hold it in our hearts and affairs as we create a new life. That is the truest definition of a Higher Power.

**All the Light We Cannot See** Penguin

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.

**The Rime of the Ancient Mariner** Hazelden Publishing

Winner of the Pulitzer Prize, a New York Times Book Review Top Ten Book, National Book Award finalist, more than two and a half years on the New York Times bestseller list From the highly acclaimed, multiple award-winning Anthony Doerr, the stunningly beautiful instant New York Times bestseller about a blind French girl and a German boy whose paths collide in occupied France as both try to survive the devastation of World War II. Marie-Laure lives in Paris near the Museum of Natural History, where her father works. When she is twelve, the Nazis occupy Paris and father and daughter flee to the walled citadel of Saint-Malo, where Marie-Laure's reclusive great uncle lives in a tall house by the sea. With them they carry what might be the museum's most valuable and dangerous jewel. In a mining town in Germany, Werner Pfennig, an orphan, grows up with his younger sister, enchanted by a crude radio they find that brings them news and stories from places they have never seen or imagined. Werner becomes an expert at building and fixing these crucial new instruments and is enlisted to use his talent to track down the resistance. Deftly interweaving the lives of Marie-Laure and Werner, Doerr illuminates the ways, against all odds, people try to be good to one another. Doerr's "stunning sense of physical detail and gorgeous metaphors" (San Francisco Chronicle) are dazzling. Ten years in the writing, a National Book Award finalist, *All the Light We Cannot See* is a magnificent, deeply moving novel from a writer "whose sentences never fail to thrill" (Los Angeles Times).

**A New Pair of Glasses** New Press, The

*The Butter Battle Book*, Dr. Seuss's classic cautionary tale, introduces readers to the important lesson of respecting differences. The Yooks and Zooks share a love of buttered bread, but animosity brews between the two groups because they prefer to enjoy the tasty treat differently. The timeless and topical rhyming text is an ideal way to teach young children about the issues of tolerance and respect. Whether in the home or in the classroom, *The Butter Battle Book* is a must-have for readers of all ages.

**The Underground Railroad** RH Childrens Books

A polemic against corporate rock bands, magazines, and festivals, and anyone or anything else who commodifies rebellion.