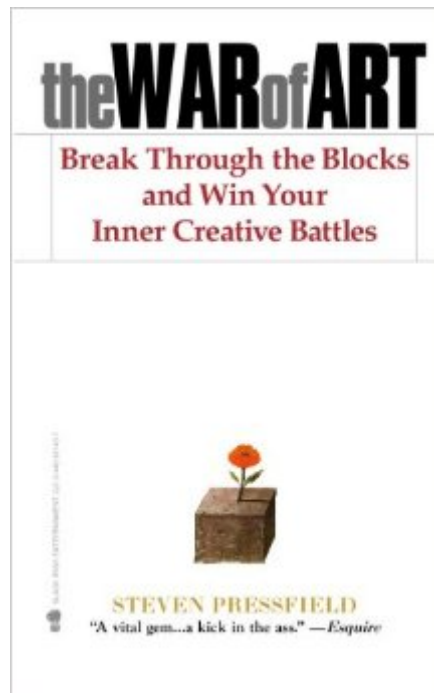


The book was found

The War Of Art: Break Through The Blocks And Win Your Inner Creative Battles



Synopsis

A succinct, engaging, and practical guide for succeeding in any creative sphere, *The War of Art* is nothing less than Sun-Tzu for the soul. What keeps so many of us from doing what we long to do? Why is there a naysayer within? How can we avoid the roadblocks of any creative endeavor? Be it starting up a dream business venture, writing a novel, or painting a masterpiece? Bestselling novelist Steven Pressfield identifies the enemy that every one of us must face, outlines a battle plan to conquer this internal foe, then pinpoints just how to achieve the greatest success. *The War of Art* emphasizes the resolve needed to recognize and overcome the obstacles of ambition and then effectively shows how to reach the highest level of creative discipline. Think of it as tough love . . . for yourself. Whether an artist, writer or business person, this simple, personal, and no-nonsense book will inspire you to seize the potential of your life.

Book Information

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Customer Reviews

Know the enemy, know yourself, wrote Sun Tzu in his classic *The Art of War*, and your victory will be certain. For anyone who is stuck at a level below their God-given potential, who can't seem to get on track to do the things they need to do in order to achieve their most authentic goals, knowing the enemy and knowing yourself are one and the same. Steve Pressfield's magnificent little book *The War of Art* is about being more creative - but more important, it's also about fulfilling your potential as a human being. To do this, he says, you must overcome Resistance (the "R" is capitalized by Pressfield to represent the fact that it is a very real entity - as real to your authentic Self as Charles Manson or Genghis Khan were to their victims). The whole aim of Resistance, says

Pressfield (who is the bestselling author of *The Legend of Bagger Vance* and *Gates of Fire*), is to prevent you from doing the work you are called to do. Resistance wants you to take it easy, to be ordinary and mediocre, to take the low road. Resistance is the reason so many people place a basket over the brilliant candle that shines within them. The fight against Resistance is, Pressfield says, a war to the death. Pressfield disputes the standard motivational cliché that you can have, do, or be anything if you follow the right formula and just work hard enough. Rather, he says: "We are not born with unlimited choices... Our job in this lifetime is not to shape ourselves into some ideal that we imagine we ought to be, but to find out who we already are and become it." There are two occasions when Resistance will be the most relentless, and they are related. The first is when something really matters to you.

One thing is certain: Steven Pressfield was compelled by whatever source provides him inspiration for his craft to write this book. This is not a labor of love; it is a labor of compulsion. The book is also certain to draw extreme reviews: some will love it; others won't. Middle ground is unlikely. The book manifests itself: I don't think Steven Pressfield cares if he sells one copy, nor does he care whether we like it or not. He only knows that this was a book he had to write. I'm glad he did. *The War of Art* is a real-world extension of *Bagger Vance*, the Jonathan Livingston Seagull of the '90's. Pressfield's presentation draws comparison to many statements that have floated around in my head over the years. JLS said "You have the freedom to be yourself, your true self here and now." In the second edition of the Star War series (in the late '70's?) Yoda tells Luke Skywalker, "There is no try." Either do it or don't do it. *The War of Art* makes a strong case for both of these concepts. I was a fighter pilot for nearly 10 years, edited and published a newspaper for two, and entered the battlefield of corporate America two decades ago. As I concluded Pressfield's book, I was overwhelmed with the bittersweet feeling that I truly wished I had read this book when I was 20, not 52. Only having read one or two randomly selected pages when I got the book, I emailed my 20-year-old son in New Hampshire and made it "mandatory reading." He called me within 48 hours, and I couldn't fail to see the impression *The War of Art* had made on him. "Dad," he said, "For the first time in my life, I can see all the time I've wasted" The impact was as real as it was profound. I read once that "the only thing in the middle of the road is yellow stripes and dead armadillos."

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Change Your Habits, Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (*Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating*)
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