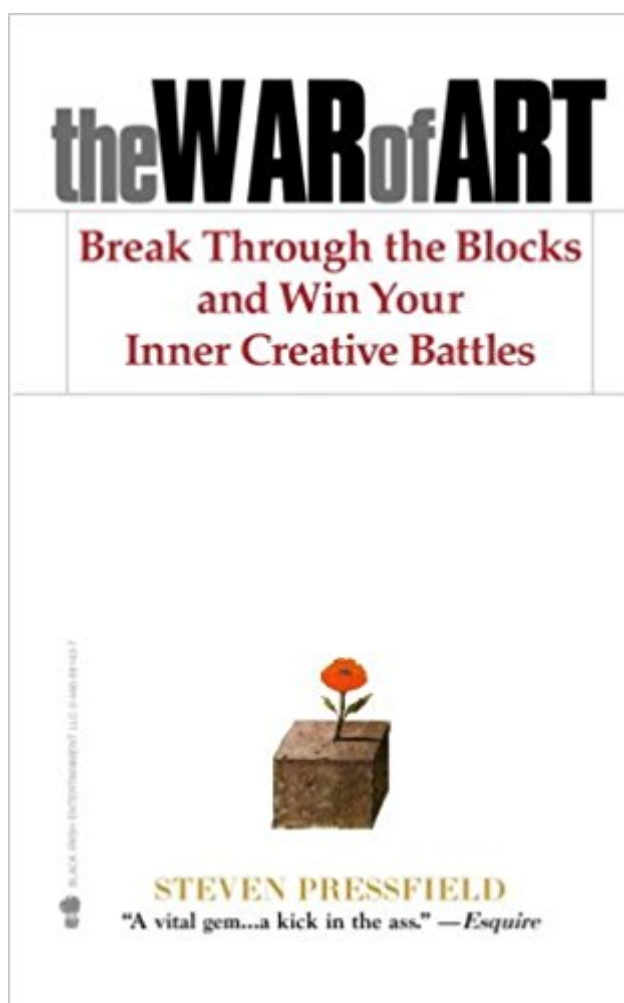


The book was found

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.

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Customer Reviews

Novelist Steven Pressfield (*The Legend of Bagger Vance*; *Gates of Fire*) goes self-help in *The War of Art: Winning the Inner Creative Battle*. Dubbing itself a cross between Sun-Tzu's *The Art of War* and Julie Cameron's *The Artist's Way*, Pressfield's book aims to help readers "overcome Resistance" so that they may achieve "the un-lived life within." Whether one wishes to embark on a diet, a program of spiritual advancement or an entrepreneurial venture, it's most often resistance that blocks the way. To kick resistance, Pressfield stresses loving what one does, having patience and acting in the face of fear. --This text refers to an out of print or unavailable edition of this title.

Drawing on his many years' experience as a writer, Pressfield (*The Legend of Bagger Vance*) presents his first nonfiction work, which aims to inspire other writers, artists, musicians, or anyone else attempting to channel his or her creative energies. The focus is on combating resistance and living the destiny that Pressfield believes is gifted to each person by an all-powerful deity. While certainly of great value to frustrated writers struggling with writer's block, Pressfield's highly personal philosophy, soundly rooted in his own significant life challenges, has merit for anyone frustrated in fulfilling his or her life purpose. Successful photographer Ulrich (photography chair, Art Inst. of Boston; coeditor, *The Visualization Manual*) explores the creative impulse and presents an approach to developing creativity that, like Pressfield's, will be relevant to artists and others. He identifies and explains seven distinct stages of the creative process: discovery and encounter, passion and commitment, crisis and creative frustration, retreat and withdrawal, epiphany and insight, discipline and completion, and responsibility and release. He also develops his view of the three principles of the creative impulse, which include creative courage, being in the right place at the right time, and deepening connections with others. Rooted in Eastern philosophy, Ulrich's fully developed treatise nicely updates the solid works of Brewster Ghiselin (*The Creative Process*), Rollo May (*The Courage To Create*), and Julia Cameron (*The Artist's Way*). It also supplements Pressfield's inspirational thoughts on overcoming resistance through introspective questions and practical exercises that further elaborate the creative process. Both books are recommended for public libraries needing additional works on creativity. Dale Farris, Groves, TX Copyright 2002 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

I found this book to incite and inspire, encourage but be frank. If you're a creative professional, you probably have questioned why you create or if it even matters. Pressfield calls this Resistance. He capitalizes the word, because he's personified all of the roadblocks we encounter, both psychologically and externally. The book makes you think and really presses you to understand your excuses for not creating what you're meant to contribute to the world.

I've been simultaneously reading this along with "Deep Work" by Cal Newport. Both books have similar themes: creativity and inspiration comes from disciplined work. They are not the product of chance, nor do they come from finding first that thing you love to do. We probably don't really know what it is that we love to do. The love of work follows after the actual work. Of the two, Pressfield has more practical advise about what it is that keeps us from doing that work and how we combat it. Both books will become part of my permanent library.

Well-known author and screenwriter Steve Pressfield introduces us to our biggest barrier to creativity—ourselves. More specifically, he discusses Resistance, which most writers know as writers block, and the rest of the world as procrastination. Anyone who ever started a big project after much hemming and hawing knows the feeling all too well. To overcome the resistance of procrastination, Pressfield establishes a protocol that involves preparation, order, patience, endurance and staring down the fear that keeps us from taking the first step toward change and creativity. Finally, he tells us about the origin of true inspiration that comes from discipline and resolve. Pressfield has written a book that should be given to every new artist and any business person staring at a new project. Both will benefit mightily.

Outstanding, insightful description of and guidance through the artist's process. In a nutshell, one of the book's first paragraphs succinctly describes the essential struggle: Between the life we live and the un-lived life that we dream of is resistance. This book helps the readers to understand their resistance and how to work with it.

I learned a lot from this book. A lot of insight, a lot of epiphanies. I highly recommend this book particularly for artists who sometimes question whether heading in the right direction in life. Another thing I like about the way Steven wrote this book is, he rarely talks about the glamour. He really speaks on the moment-to-moment truth of how you have to put in work. I like that because obviously you can have huge reward for your hard work but I just really appreciate that he didn't speak on that. The grind, the present moment is what he emphasized because sometimes things don't happen right away when you want it. But if you can put your head down and do the work, it can come a lot quicker than you thought. I just really appreciate that because sometimes when you're working with just the end goal in mind and it doesn't happen as soon as you want it, you can go crazy.

"Breaking through our blocks & winning our inner creative battles" - this is the essence of the book. Modeled loosely on Sun Tzu's classic, "The Art of War", it is an absolutely brilliant reflection on the process (struggle) within all creative endeavor. Pressfield focuses his wise counsel specifically on writing, but it applies to the creative process in any other art or effort as well - athletic, entrepreneurial, musical, etc. He writes brief, pithy, succinct and unforgettable chapters about the ways and wiles of that great enemy of all creative projects: Resistance. He proposes canny strategies to outwit this ancient enemy. He identifies unseen and unheralded resources from a

"higher realm" that are available to the writer/artist/creator who is open to receiving them. This book is a poetic meditation on poetics, a real pleasure to read, and a genuine - if literary - kick in the seat of the pants. A must read!

I heart about this from the Joe Rogan Experience Podcast, and I'm glad I did. I devoured this and promptly bought more books by Pressfield. His style is straightforward and makes for a fast read while delivering interesting, informative content. For any artist struggling to find motivation, or those who aren't, PICK UP THIS BOOK!

In a car, hating my chosen vocation, feeling the onslaught of bitterness and self-pity curl up inside my soul like spoiled milk, when this book lands in my brain. The War of Art...yeah, Pressfield, that guy. Read it years ago. I look it up on my phone and read an excerpt. The fog parts. I see the truth. Though I'm still in the same place, I'm miles above it all. I can control myself. The darkness subsides. Light enters. I can continue. Point being: buy the book. No question.

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