

The War of Art: Break Through the Blocks and Win Your Inner Creative Battles

By Steven Pressfield

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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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The War of Art: Break Through the Blocks and Win Your Inner Creative Battles By Steven Pressfield Bibliography

- Sales Rank: #500 in Books
- Brand: Black Irish
- Published on: 2012-01-11
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .48" w x 5.00" l, .55 pounds
- Binding: Paperback
- 190 pages

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Editorial Review

From Publishers Weekly
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 unlived 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.

From Library Journal
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
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Review
"A vital gem...A kick in the ass for all of us with a tendency towards procrastination."

"Amazingly cogent and smart on the psychology of creation."

Users Review

From reader reviews:

Irving Gaston:

The book The War of Art: Break Through the Blocks and Win Your Inner Creative Battles can give more knowledge and information about everything you want. So just why must we leave a very important thing like a book The War of Art: Break Through the Blocks and Win Your Inner Creative Battles? Several of you have a different opinion about book. But one aim this book can give many information for us. It is absolutely

suitable. Right now, try to closer together with your book. Knowledge or facts that you take for that, you can give for each other; it is possible to share all of these. Book The War of Art: Break Through the Blocks and Win Your Inner Creative Battles has simple shape but you know: it has great and big function for you. You can seem the enormous world by wide open and read a guide. So it is very wonderful.

Raymond Bryan:

Now a day individuals who Living in the era exactly where everything reachable by talk with the internet and the resources inside can be true or not need people to be aware of each details they get. How people have to be smart in obtaining any information nowadays? Of course the correct answer is reading a book. Studying a book can help individuals out of this uncertainty Information especially this The War of Art: Break Through the Blocks and Win Your Inner Creative Battles book since this book offers you rich information and knowledge. Of course the details in this book hundred % guarantees there is no doubt in it you know.

Maxine Whitley:

Nowadays reading books become more and more than want or need but also work as a life style. This reading addiction give you lot of advantages. Associate programs you got of course the knowledge your information inside the book that will improve your knowledge and information. The information you get based on what kind of guide you read, if you want drive more knowledge just go with education books but if you want really feel happy read one with theme for entertaining for example comic or novel. The The War of Art: Break Through the Blocks and Win Your Inner Creative Battles is kind of guide which is giving the reader unforeseen experience.

Wm Dunlap:

A number of people said that they feel weary when they reading a reserve. They are directly felt that when they get a half regions of the book. You can choose the actual book The War of Art: Break Through the Blocks and Win Your Inner Creative Battles to make your current reading is interesting. Your own personal skill of reading talent is developing when you like reading. Try to choose simple book to make you enjoy to read it and mingle the opinion about book and examining especially. It is to be initial opinion for you to like to open up a book and learn it. Beside that the publication The War of Art: Break Through the Blocks and Win Your Inner Creative Battles can to be your new friend when you're experience alone and confuse in what must you're doing of that time.

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