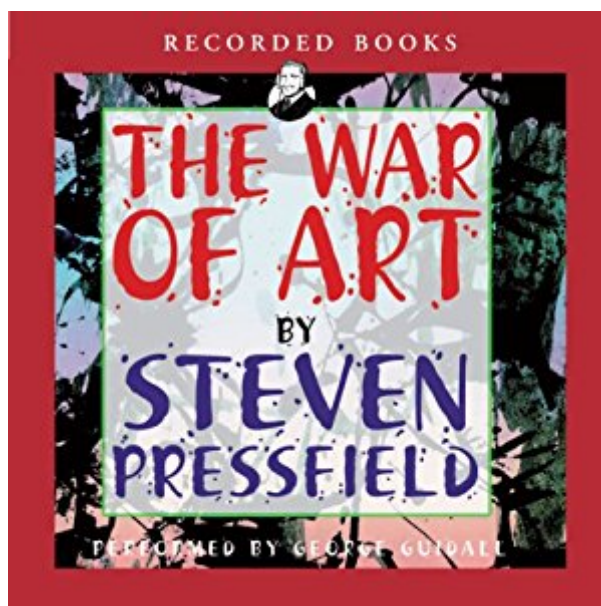


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# The War Of Art: Winning The Inner Creative Battle



## Synopsis

Internationally best-selling author of *Last of the s*, *Gates of Fire* and *Tides of War*, Steven Pressfield delivers a guide to inspire and support those who struggle to express their creativity. Pressfield believes that "resistance" is the greatest enemy, and he offers many unique and helpful ways to overcome it.

## Book Information

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## Customer Reviews

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 advice 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 heard 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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