



# 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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### **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:**

##### **Sybil Moore:**

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