



Summary Steven Pressfield's *The War of Art:* Break Through the Blocks and Win Your Inner Creative Battles

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This is a Summary of Steven Pressfield's The War of Art: Break Through the Blocks and Win Your Inner Creative Battles

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.

Available in a variety of formats, this summary is aimed for those who want to capture the gist of the book but don't have the current time to devour all 190 pages. You get the main summary along with all of the benefits and lessons the actual book has to offer. Ant Hive Media reads every chapter, extracts the understanding and leaves you with a new perspective and time to spare. We do the work so you can understand the book in minutes, not hours.

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