



The War of Art (English Edition)

Steven Pressfield

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Kurzbeschreibung

Think of The War of Art as tough love... for yourself.

Since 2002, The War of Art has inspired people around the world to defeat "Resistance"; to recognize and knock down dream-blocking barriers and to silence the naysayers within us. Resistance kicks everyone's butt, and the desire to defeat it is equally as universal. The War of Art 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. Though it was written for writers, it has been embraced by business entrepreneurs, actors, dancers, painters, photographers, filmmakers, military service members and thousands of others around the world.

"As I closed The War of Art, I felt a surge of positive calm. I now know I can win this war. And if I can win, so can you." - From the foreword by Robert McKee, screenwriting guru"

[The War of Art] aims to help readers channel creative energy, unlock potential and overcome the fears that stop us from reaching our fullest potential. With courage, following the right formula and working hard, the book proposes that passion can be turned into purpose." - Ellen Degeneres book pick

"Resistance is the voice in the back of our head telling us to back off, be careful, go slow, compromise. . . . [Steve Pressfield is] the godfather of the resistance, the five-star general in the war against fear." - Seth Godin

"A vital gem . . . a kick in the ass." - Esquire

"I've never read a self help book that wasn't fatuous, obvious and unhelpful. Until The War of Art. It's amazingly cogent and smart on the psychology of creation. If I ever teach a writing course this would be one of the first books I'd assign, along with the letters of Flannery O'Connor." - Jay McInerney, author of Bright Lights, Big City and Brightness Falls

"Yes, The War of Art is hell. But Steven Pressfield is our Clausewitz who shows how you too can battle against The Four Horsemen of The Apologetic: sloth, inertia, rationalization and procrastination. Shakespeare, Rembrandt and Beethoven all are proof of what you can do with talent and General Pressfield." - Frank Deford, author and NPR commentator

"A marvelous help for anybody who has ever encountered the resistance of a blank page, an empty canvas or an unyielding musical scale." - Stan Berenstein, co-creator of The Berenstein Bears

Steven Pressfield is the author of the novels The Legend of Bagger Vance (made into the movie starring Matt Damon and Will Smith), Gates of Fire, Tides of War, Last of the Amazons, Virtues of War, The Afghan Campaign, Killing Rommel, and The Profession. His nonfiction includes The War of Art, The Warrior Ethos, and the upcoming Turning Pro. His books are included in the curriculum at West Point and the Naval Academy, and are on the Commandant's Reading List for the Marine Corps.

In 2012, Pressfield will launch his independent publishing company, BLACK IRISH BOOKS with his longtime editor, agent, publisher, and friend, Shawn Coyne. 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 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. 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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