

The War Of Art By Steven Pressfield: Executive Summary of The War of Art (Steven Pressfield)

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Everyone has that one dream, that hidden desire that they keep hidden from the world.

For some, it is a desire to write a novel, to create that masterpiece painting, or write that sonnet that will live on throughout the ages. We're all capable of doing it; so, why don't we?

In all of our lives we face resistance. The War of Art explains how that resistance enters our lives, and holds us back from fulfilling those dreams that consume our minds.

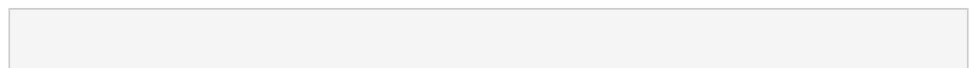
Resistance will always try and stop us, but if willpower is there then the outcome can be achieved. For even a mountain, if only one grain of dirt at a time, will be moved in its entirety with enough determination.

In this summary of The War of Art you will find anecdotes, advice, and explanations of how our psyche is both striving for fulfillment, and working to stop us as the ego and self battle for mastery.

Do you have a dream, but you don't know what's really holding you back from it? The answers are out there, and your journey can begin inside these pages.

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