



# **The War of Art: Break Through the Blocks and Win Your Inner Creative Battles by Steven Pressfield: Book Summary**

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This is a summary on *The War of Art: Break Through the Blocks and Win Your Inner Creative Battles* by Steven Pressfield.

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? 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 businessperson, this simple, personal, and no-nonsense book will inspire you to seize the potential of your life.

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