



The War of Art: Summary of the Key Ideas - Original Book by Steven Pressfield

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Do you have a great idea but don't know how to proceed with it? Are you thinking of dieting but haven't started? Then you are a victim of "resistance". "The War of Art" is a motivational, logical and philosophical book that provides its readers with some useful techniques to defeat their fears and achieve their goals.

Who should read this book:

- People interested in finding out what "resistance" really means.
- Anyone who wants to read more about the battles we fight with ourselves.
- Anyone who wants to learn how to actually "start" something.

In this summary:

Chapter 1: Three portions, three lessons

Chapter 2: Resistance keeps you from getting started

Chapter 3: What resistance brings along with itself

Chapter 4: Toward fear, toward isolation

Chapter 5: Combating resistance and turning into a pro

Chapter 6: The difference between amateurs and professionals

Chapter 7: A few more marking points to distinguish a pro

Chapter 8: Professionals are recognized by other professionals

Chapter 9: Going beyond the kingdom

Chapter 10: The life of an artist

Chapter 11: Final Summary

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