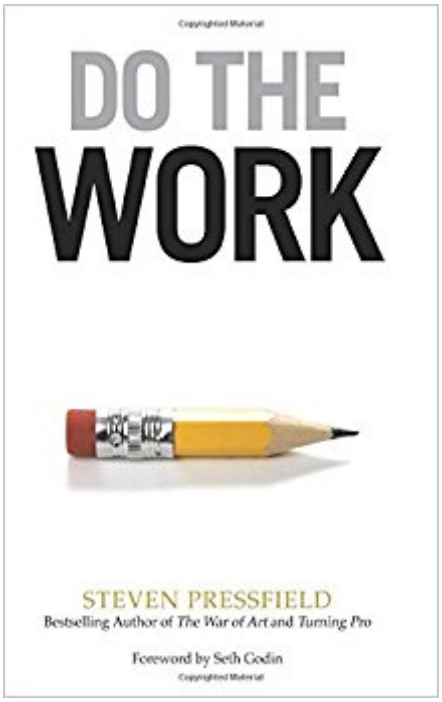
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Do The Work: Overcome Resistance And Get Out Of Your Own Way



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Synopsis

"There is an enemy. There is an intelligent, active, malign force working against us. Step one is to recognize this. This recognition alone is enormously powerful. It saved my life, and it will save yours." -- Steven Pressfield Could you be getting in your way of producing great work? Have you started a project but never finished? Would you like to do work that matters, but don’t know where to start?The answer is Do the Work, a manifesto by bestselling author Steven Pressfield, that will show you that it’s not about better ideas, it’s about actually doing the work. Do the Work is a weapon against Resistance - a tool that will help you take action and successfully ship projects out the door. Picking up where The War of Art and Turning Pro left off, Do The Work takes the reader from the start to the finish of any long-form projectÃ¢â ¬â •novel, screenplay, album, software piece, you name it. Do The Work identifies the predictable Resistance Points along the way and walks you through each of them. No, you are not crazy. No, you are not alone. No, you are not the first person to "hit the wall" in Act Two. Do The Work charts the territory. It’s the stage-by-stage road map for taking your project from Page One to THE END.

Book Information

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Product Description: Could you be getting in your way of producing great work? Have you started a project but never finished? Would you like to do work that matters, but don’t know where to start? The answer is Do the Work, a manifesto by bestselling author Steven Pressfield, that will show you that itÃ¢â ¬â„¢s not about better ideas, itÃ¢â ¬â„¢s about actually doing the work. Do the Work is a weapon against Resistance Ã¢â ¬â œ a tool that will help you take action and successfully ship

projects out the door. Ã¢â ¬Å“There is an enemy. There is an intelligent, active, malign force working against us. Step one is to recognize this. This recognition alone is enormously powerful. It saved my life, and it will save yours.Ã¢â ¬Â• Available in both a 5-pack and 48-pack for you to share, as well as a special collectible edition, Do the Work may be just what you need to get out of your own way. For other titles like Do the Work, visit thedominoproject.com for more information. Robert T. Kiyosaki Reviews Do the Work Robert T. Kiyosaki is an investor, entrepreneur, and educator whose perspectives on money and investing fly in the face of conventional wisdom. His book, Rich Dad Poor Dad, ranks as the longest-running bestseller on all four of the lists that report to Publisher's Weekly--the New York Times, Business Week, the Wall Street Journal and USA Today--and was named "USA Today's #1 Money Book" two years in a row. Read his review of Steven Pressfield's Do the Work: Once again another brilliant book from Steven. Do the Work gives you step-by-step instructions on how to overcome and conquer Resistance--the biggest enemy of them all. The gloves come off! Do the Work explains who and what your allies are and how to embrace and utilize them in your creative life or in your day-to-day situations. The points and steps in this book makes it possible for anyone to go and achieve what they truly are striving for--may it be writing a book, a play, or starting a new business. A must read for anyone who wants to get ahead and out of their own way. Steven has done it again. --Robert T. Kiyosaki A Q&A with Steven Pressfield Question: What is the distinction between Do the Work and War of Art, the book where you first introduced Resistance? Does Do the Work take it a step further? Steven Pressfield: Do the Work is structured to take the reader from A to Z. If the reader has a project they want to start or complete, such as a new business they want to open or a book they want to write, Do the Work is designed to take them from starting to shipping to hitting all the predictable resistance points along the way. I know youÃ¢â ¬â„¢re familiar with these moments; The beginning, the middle, and all the moments in between just before you ship and then just after you ship. Do the Work guides you from the start of the project and takes you all the way through. ItÃ¢â ¬â„¢s about getting off your behind and starting something. And Seth Godin writes about this, that once you start, you have to finish; you donÃ¢â ¬â„¢t get off the hook half way through. I recently got an email from a guy who said, "Help. IÃ¢â ¬â„¢m stuck." He was in a class and he had to write a screenplay and he was a quarter of the way through. Normally I would cheer him on, but just for fun, I gave him a little program to do; I put on my instructor voice and said, Ã¢â ¬Å“Do this, do that, do this, do that.Ã¢â ¬Â• It worked because right away he got over a couple speed bumps and took it all the way to the finish line. He loved it! IÃ¢â ¬â„¢d always been too shy to do that before, but I tried the assertive tone of voice and it really worked--he responded really well to it. So I

thought, let me try that tone of voice in Do the Work. Question: What did you tell him to do? Steven Pressfield: One of the first things I told him to do was to banish the self-censor. I could tell he was frozen, worrying, "Is this going to be good? Is this going to be perfect? So I told him, "Take the next five days and write for two hours everyday. I donÃ¢â ¬â„¢t care what else is in your life--banish it. When you write for those two hours, start on minute one and donÃ¢â ¬â„¢t think for one second all the way through until minute 120. Just write, donÃ¢â ¬â„¢t self censor. DonÃ¢â ¬â„¢t do anything." That really seemed to get him moving and gave him permission to not be paralyzed with seeking perfection. Continue reading our interview with Steven Pressfield --This text refers to an out of print or unavailable edition of this title.

Steven Pressfield is the bestselling author of The Legend of Bagger Vance, Gates of Fire and The War of Art. The latter book spawned Do the Work, as readers kept asking, "What is this terrible thing called Resistance -- and how can I overcome it?" Mr. Pressfield (who rarely calls himself "Mr. Pressfield") is a graduate of Duke University and an honorary citizen of the city of Sparta in Greece. --This text refers to an out of print or unavailable edition of this title.

I don’t write a lot of reviews on here - but for this book - I had to take the time to write one.This book had a profound impact on the me. I feel like my past failures were explained. I feel like my past successes were explained. I feel like, for the first time, I truly understand why I quit nearly everything I start and why I can feel invincible in my endeavors one day and completely defeated the next - and I feel equipped to do it differently now.It is going to sound fake but it isn’t -since reading this book:I have stuck to my dietI have taken on some major clients/projects at workI have watched a LOT less TV and have determined to do what it takes to get my work done for the dayI have been able to defeat the dragon more consistently than ever before.I am SO glad I read this book. SO glad. This book ranks up with a handful of books that I have read in my life as LIFECHANGERS. This one has been a catalyst for me. You may not have the same experience - but I honestly want to tell everyone I know - Read this book. And then read it again. I am going to have my 17yo read this book over the summer even thought it has some profanity which I am not thrilled with. If it didn’t have it - I would have my 11 year old read it as well. Instead, I will just teach him the concepts within the book. They are going to help me in my business this summer and I want them to learn these principles and to master the ability to DO THE WORK.

You don’t need to read this book to get the message. "Do the work" is it. That’s all the author says

for about 98 pages. How can someone fill 98 pages with a sentence? Repeat things five or six times throughout the book. Randomly adjust font size and justification. Use 3 or 4 pages to print giant sized single words: Do. The. Work. Use an entire page to print chapter numbers and titles for each chapter.I assume most of us have purchased this because we needed help with the "doing". The author provides very little information on this topic. Again, it boils down to: "You will face challenges (which he calls "Resistance"), but do the work anyway, yay you’re done!" No assistance in actually tackling those challenges or beating "Resistance", other than "doing the work", which is pretty damn hard, thank you very much.Honestly, I can genuinely say I’ve never felt like I have wasted my time or money on a book, but this book changed that. It is an unacceptable cash-grab on the self-help market.

Great Book. This is motivating and is just the kind of book I have been needing lately. It helps to explain our past failures and successes.It gives insight into not only our individual selves but the nature of the human species. Learn about the Resistance we all face in our lives and self sabotage. This is a good reference book that should be read each year just to keep on track. I love the Van Gogh cover.

Wonderful. Steven tapped into universal (shared genius) consciousness AND challenged the omnipresent hurdle that prevents our rightful access to it - Duality -> the equal and opposite reaction to the ’unsought organic thought’ that has skimmed most of our super conscious minds at least once, but of which the ignorant intellect of ’one’s self’ denies US all.This ’self’ is done with that elusive hurdle. My only remaining concern is that I might have enough time for the ship-error-improve cycles required for the endeavor.

This was a follow up to the Art of War, which you should definitely read. It tells the tale of the adversary we face every day, from the moment we wake, that tries to keep us from doing anything that truly matters to us. The invisible foe is "resistance". It will make you want to go home after a long day of work, and grab a beer, settle in on the couch. Then binge watch your favorite tv show. When you dream about starting that new blog, or finally start your routine of becoming healthier, or chasing your dream job. It is there in everything we do. Steven identifies it in a poetic way, and leaves you pumped to kick some ace.

Nothing else trumps "Get ’er done". I valued this book enough to buy it both in print and on Kindle.

Pressfield cuts away all the excuses and the procrastination to remind us that no matter how brilliant we are, how great our ideas nothing matters unless and until we do the actual work. Many of us are expert at creating busy work to avoid picking up the shovel, the pen or the paintbrush yet we dream of greatness. Pressfield recommends ditching the busy work and dreaming of greatness WHILE we scoop the dirt, write the paragraph and paint the picture. He does in a way that motivates rather than irritates the reader. I've read the book through twice and still pick it up to refer to key pages when I find myself doing busy work rather than what really matters.

Unfortunately, I started this book at the wrong time, so it laid on the shelf for a year. But in good time, I picked it up again, and then couldn't stop reading. It is a great work to get you inspired, motivated, energetic, and best of all, it gets you started!

This book makes me sick. Makes me sick I didn't discover it earlier. Makes me sick how Pressfield makes genius seem so apparent. But most of all, makes me sick I didn't write it myself.If you find yourself getting in your own way, this manifesto is just the impetus to breakthrough to your next epic accomplishment. You'll never want to play small again after reading this book. If you loved "The War of Art," you will be orgasmic with this follow up book. It is skewed to creative types like writers, but the lessons on overcoming resistance apply to everyone in any field. And the tone of his manifesto will inspire you in anything you do. This book is brilliant, simply brilliant.-RG

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