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Par Steven Pressfield
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Par Steven Pressfield : Do the Work (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Do the Work (English Edition):

Commentaires clientsCommentaires clients les plus utiles1 internautes sur 1 ont trouvé ce commentaire utile.

Présentation de l'éditeurCould 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. “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.”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..frProduct 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 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. “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.” 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 s 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 QA 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 you'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. It's about getting off your behind and starting something. And Seth Godin writes about this, that once you start, you have to finish; you don't get off the hook half way through. I recently got an email from a guy who said, "Help. I'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, "Do this, do that, do this, do that." 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! I'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 don't care what else is in your life--banish it. When you write for those two hours, start on minute one and don't think for one second all the way through until minute 120. Just write, don't self censor. Don'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

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