



BOOK NOTES

The War of Art

by Steven Pressfield

- Resistance - Combating Resistance - Beyond Resistance
- The more important a call or action is to our soul's evolution, the more Resistance we will feel toward pursuing it.
 - The more scared we are of a work or calling the more sure we can be that we have to do it
- Rationalization is Resistance's right-hand man
- "The word *amateur* comes from the latin root 'to love'. The conventional interpretation is that the amateur pursues their calling out of love, while the professional does it for money. In my view, the amateur does not love the game enough. If they did, they would not pursue it as a sideline, distinct from their 'real' vocation. The professional loves it so much that they dedicate their life to it and commits full time"
- Amateur believes they must first overcome their fear; the professional knows fear can never be overcome
- The professional can not take rejection personally and reinforce Resistance
- Think of yourself as a Corporation to give healthy distance from yourself
- #1 Fear - Fear we will succeed...

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