

Do the Work

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STEVEN PRESSFIELD

Bestselling Author of *The War of Art* and *Turning Pro*

Foreword by Seth Godin

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"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 project—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

作者介绍:

Steven Pressfield is the author of The Legend of Bagger Vance, Gates of Fire, Tides of War, Last of the Amazons, Virtues of War, The Afghan Campaign, Killing Rommel, The Profession, The Lion's Gate, The War of Art, Turning Pro, Do the Work, The Warrior Ethos, The Authentic Swing, An American Jew, Nobody Wants to Read Your Sh*t, The Knowledge, and The Artist's Journey.

His debut novel, The Legend of Bagger Vance, was adapted for screen. A film of the same title was released in 2000, directed by Robert Redford and starring Matt Damon, Will Smith and Charlize Theron.

His father was in the Navy, and he was born in Port of Spain, Trinidad, in 1943. Since graduating from Duke University in 1965, he has been a U.S. Marine, an advertising copywriter, schoolteacher, tractor-trailer driver, bartender, oilfield roustabout, attendant in a mental hospital and screenwriter.

His struggles to earn a living as a writer (it took seventeen years to get the first paycheck) are detailed in The War of Art, Turning Pro, The Authentic Swing, Nobody Wants to Read Your Sh*t, and The Knowledge.

There's a recurring character in his books, named Telamon, a mercenary of ancient days. Telamon doesn't say much. He rarely gets hurt or wounded. And he never seems to age. His view of the profession of arms is a lot like Pressfield's conception of art and the artist:

"It is one thing to study war, and another to live the warrior's life."

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自我成长

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评论

每次要崩之前默念：resistance is always lying and full of bullshit. 有奇效

想提高却有拖延症的效率低下者用书 this book could ve changed a tons f plp

项目执行中的CBT疗法

The Enemy is Inside You. The "Real You" Must Duel the "Resistance You".
有些内容，尤其是“start before you're ready”，我还是蛮受用的，就是鸡汤味太重。

我一向不喜欢这类书，不过有几个点对我还是有启发的。

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书评

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