

**DO THE WORK: OVERCOME RESISTANCE  
AND GET OUT OF YOUR OWN WAY BY  
STEVEN PRESSFIELD**

**DO THE  
WORK**



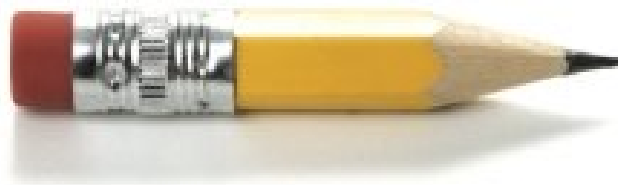
**STEVEN PRESSFIELD**  
Bestselling Author of *The War of Art* and *Turning Pro*

Foreword by Seth Godin

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Amazon.com Review

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Outstanding **Do The Work: Overcome Resistance And Get Out Of Your Own Way By Steven Pressfield** publication is constantly being the most effective close friend for spending little time in your workplace, evening time, bus, and also everywhere. It will be a great way to simply look, open, and check out the book *Do The Work: Overcome Resistance And Get Out Of Your Own Way By Steven Pressfield* while because time. As recognized, encounter and also skill don't consistently included the much money to acquire them. Reading this book with the title *Do The Work: Overcome Resistance And Get Out Of Your Own Way By Steven Pressfield* will certainly allow you understand more things.

Reviewing, again, will provide you something new. Something that you do not know after that revealed to be well recognized with guide *Do The Work: Overcome Resistance And Get Out Of Your Own Way By Steven Pressfield* message. Some understanding or driving lesson that re obtained from reading books is vast. Much more publications *Do The Work: Overcome Resistance And Get Out Of Your Own Way By Steven Pressfield* you read, even more knowledge you obtain, and also a lot more possibilities to constantly love reviewing e-books. As a result of this factor, reviewing book needs to be started from earlier. It is as what you can obtain from the book *Do The Work: Overcome Resistance And Get Out Of Your Own Way By Steven Pressfield*

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Most helpful customer reviews

218 of 224 people found the following review helpful.

I am ready to survive the belly of the beast!

By Mindy Koch

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 diet

I have taken on some major clients/projects at work

I have watched a LOT less TV and have determined to do what it takes to get my work done for the day

I 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 though 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.

2 of 2 people found the following review helpful.

If you're looking for a dull, uninspiring, trite book, you've come to the right tome.

By Just Jordan

I sincerely wish whoever wrote the copy for the book had also written the book. I ordered all four of his books because they sounded amazing. I am an avid reader and aside from having to read Faulkner in the 8th grade, I've never met a book I don't like. Until now. Trite doesn't even begin to explain it. Unfortunately I spent the last six weeks fighting two consecutive pneumonia-type viruses and apparently missed my opportunity to return these wastes of a good tree. Seriously, don't waste your time or money. Watching a spot on a wall is more interesting. I didn't finish any of the books (which also are tiny tomes of the depth one would expect of a My First Reader), that's how uninspiring I found them. Very sad.

0 of 0 people found the following review helpful.

No, resistance is not intelligent and malevolent and out to kill me

By J. Huebert

I'm not quite sure what I just read, but it definitely didn't resonate with me.

I really don't believe that resistance is intelligent and malevolent and out to kill me. I think it is obvious a book needs a beginning, a middle and an end. I am left wondering where the practical advice is besides be stubborn and just get it done.

There are a few nuggets of wisdom in here for sure, but they are scattered around and steeped in new age mysticism and antagonistic views of the self and universe.

For me, I see resistance as a gentle message from my self that maybe I should stop and see if what I am doing is dangerous or something I should be afraid of. It is part of human nature and comes from within. It is part of our fear based fight or flight response and is a useful tool meant to serve us. We can be its master if only we learn to be OK with and accept these feelings. No, you can't make these feelings go away, but you can certainly change your reaction to them. When resistance or fear arises I "note" it (ah, there's some fear or resistance), I lean into it (never run away from it or it will just get stronger) and I try to see the message behind it. I then ask (Is this useful?) Is there a real danger to me? If not, then I say, thank you and move on and do what needs to be done. If there is danger, then I am grateful for the message and heed it's warning.

One great point in the book which has been said many times is that action is the antidote to fear. I agree that just getting started and building momentum is important, but this book could have been the 3 words of the Nike slogan, "Just Do It".

Your mileage may vary but I think there are other ways to have a more kind and gentle relationship with this "beast" that is inside all of us. Kudos to the author for tackling such a difficult subject though.

Matthew (posted on wife's account)

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