

# Executive Summary of The War of Art: Break Through the Blocks and Win Your Inner Creative Battles (The War of Art by Steven Pressfield | Executive Summary) (Volume 1)

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- The 37 Characteristics & Symptoms of Resistance
- Why Resistance is the Most Toxic and Negative Force in Our Lives
- The Differentiating Factors Between the Professional and the Amateur
- How Fear, Procrastination, and Rationalization Assists Resistance in the Battle
- The Forces On Our Side Assisting in the Fight Against Resistance
- The Manifestations that Resistance Can Appear As and What to Watch Out For
- How Artists May Best Invoke the 'Elusive' Muse
- The Aspects of a Professional and How Pros Conduct Themselves to Success
- What the Definition of a Hack Is
- Why the Professional Works from the Self and Not the Ego
- 2 Simple Ways to Determine if You Operate Territorially or Hierarchically
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