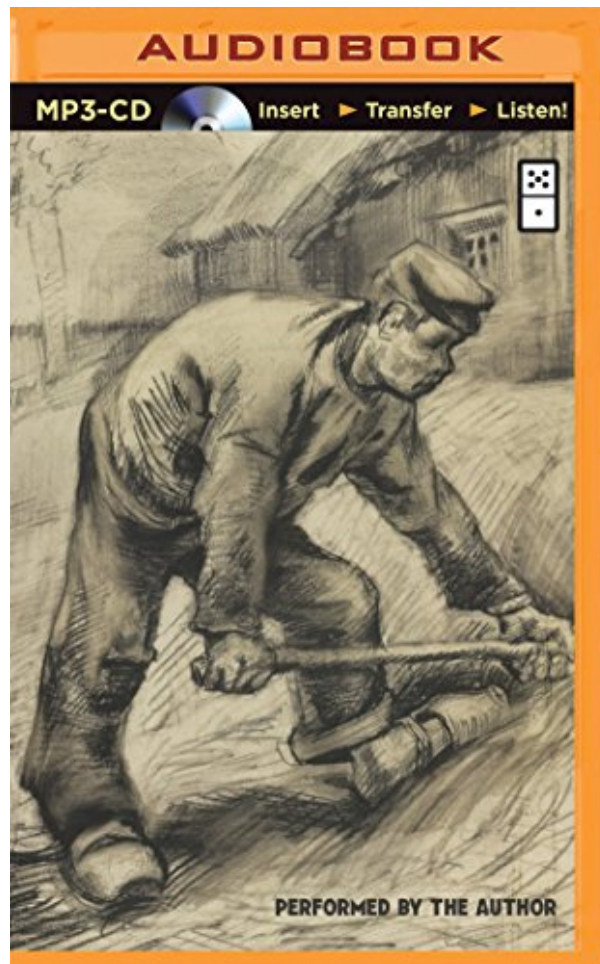


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Do the Work

Our enemy is not lack of preparation; it's not the difficulty of the project, or the state of the marketplace or the emptiness of our bank account.

The enemy is resistance.

The enemy is our chattering brain, which, if we give it so much as a nanosecond, will start producing excuses, alibis, transparent self-justifications and a million reasons why he can't/shouldn't/won't do what we know we need to do.

Start before you're ready.

- Sales Rank: #95511 in Books
- Published on: 2014-04-22
- Formats: Audiobook, MP3 Audio, Unabridged
- Original language: English
- Number of items: 1
- Dimensions: 6.75" h x .50" w x 5.25" l, .20 pounds
- Running time: 1 Hours
- Binding: MP3 CD

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Most helpful customer reviews

208 of 214 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.

161 of 181 people found the following review helpful.
A Book That Will Make You Stop Thinking And Start Doing
By Nate Bagley

When "Do The Work" landed on my Kindle, I opened it and plowed through it in one sitting. I couldn't put it down... it was as if Pressfield had a window into my life. I have already developed a game plan to help me get un-stuck on some important projects I've been avoiding because of the Resistance.

Many books that will be lumped on the bookshelf next to this one in stores will be all about trying to get you to think differently. "Do The Work" will not make you think... it will make you stop thinking and start doing. It belongs in a category all its own.

I would, and will recommend this book to anyone who is or wants to be a creator or a difference maker.

962 of 1133 people found the following review helpful.
Skip it and just Do The Work
By Jason A. Quest

To be upfront, I was disappointed by the overly mystical/magical ending to The War of Art (useless to me), but a friend assured me that Do The Work was free of that, so I gave it a look.

Pressfield may not be talking about his imaginary friends in the sky this time, but he still loads the book with bits of little wisdom that he turns into foolishness by taking them way too far, to their willfully illogical conclusions. Metaphors about babies and bathwater come to mind.

For example he declares, "Bad things happen when we employ rational thought." Er... no. Bad things happen when we let rational thought stop us from being creative, but that's not the same thing. And bad things also happen when we ignore rational thought altogether in favor of instinct.

A little bit later he cites Lindbergh, Jobs, and Churchill as "stupid" because that's the only way they would have undertaken the seemingly impossible things they did. Um... no. First, that's not stupidity, it's foolhardiness or naïvete; a writer should know the difference. Second, they weren't naïve, either. Jobs understood what he was up against when he returned to Apple; he was just arrogant enough to believe he was up to the task (which Pressfield appropriately praises) and smart enough, analytical enough, critical enough to be right (which is where Pressfield is wrong).

Pressfield sees people doing things like overthinking or ignoring their instincts or being too self-critical (which are all real problems), and then failing (which is what happens), so he apparently concludes that you should *not* think, *always* trust your instincts, *never* listen to your doubts, etc. When the real solution is Balance. Think things thru, but don't obsess about them. Listen to your instincts, but examine their assumptions. Listen to your doubts, but don't let them paralyze you. So read Pressfield's little bits of wisdom if they motivate you, but don't put a metaphorical icepick through the left hemisphere of your brain as he suggests.

Now, I'm no movie-adapted novelist, and I don't have the key to success. But one thing I do know is failure.

And it's come at least as often from the don't-think-about-it mindset that Pressfield endorses in this book as from the mindset he's trying to counteract. Every time, the post mortem has indicated that I should've done a bit more of one or the other, not that reason or instinct itself was the enemy. I wasn't taking full advantage of both kinds of thinking. Which is precisely what Pressfield's book encourages.

There are some good motivating ideas to be found in this book, just like there was in War of Art. But having to wade thru mushy-headed stuff like those bits I quoted, just to find that stuff, isn't worth the trouble. Especially when you have Work To Do.

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