

turning pro steven pressfield

turning pro steven pressfield is a transformative concept introduced by the acclaimed author Steven Pressfield, guiding individuals to overcome resistance and embrace a professional mindset in their creative and personal endeavors. This article provides a comprehensive exploration of Pressfield's influential work, "Turning Pro," dissecting its core philosophy, practical strategies, and its lasting impact on artists, entrepreneurs, and anyone striving to reach their highest potential. Readers will discover the key principles outlined in the book, learn how to identify and overcome amateur habits, and understand the actionable steps needed to make the shift from amateur to professional. The article also delves into the psychological and emotional benefits of turning pro, showcases Pressfield's most compelling advice, and discusses how these lessons can be applied across various fields. Whether you're a writer, business owner, or someone seeking personal growth, this guide will illuminate the path toward professionalism and creative mastery. Dive in to gain insights, motivation, and a clear roadmap to embrace your own journey of turning pro.

- Understanding the Concept of Turning Pro
- The Philosophy Behind Steven Pressfield's Approach
- Key Differences Between Amateurs and Professionals
- Core Principles of Turning Pro
- Strategies to Overcome Resistance and Self-Sabotage
- Applying Turning Pro Across Creative and Professional Fields
- The Lasting Impact of Turning Pro

Understanding the Concept of Turning Pro

Turning pro, as described by Steven Pressfield, is about making a conscious decision to leave behind the habits and mindset of an amateur and step into a professional way of living and working. This transformation is not limited to career choices but encompasses how individuals approach any creative or personal endeavor. Turning pro is marked by commitment, discipline, and a willingness to face discomfort for the sake of growth. Pressfield's book "Turning Pro" has become a seminal resource for those seeking to break through barriers and realize their full potential. The concept encourages readers to confront their fears, procrastination, and self-doubt, ultimately adopting a mindset that fosters consistent progress and achievement.

The Philosophy Behind Steven Pressfield's Approach

Origins and Influences of Turning Pro

Steven Pressfield's philosophy is rooted in his own experiences as a writer, facing years of resistance and setbacks before achieving success. Influenced by psychological research and his observations of creative professionals, Pressfield developed a framework that distinguishes between the amateur and the professional. His approach emphasizes that turning pro is an internal shift, a decision to stop making excuses and start showing up, regardless of external circumstances or recognition.

Core Themes of "Turning Pro"

Central themes of the book include the battle against resistance, the importance of discipline, and the role of self-respect in professional growth. Pressfield argues that resistance—the invisible force that keeps us from doing our work—is the primary enemy of creative and personal fulfillment. By adopting

the mindset of a professional, individuals learn to channel their energy into productive actions, overcome distractions, and cultivate lifelong habits that lead to mastery.

Key Differences Between Amateurs and Professionals

Mindset Shifts

One of the most crucial lessons from “Turning Pro” is the difference in mindset between amateurs and professionals. Amateurs are often driven by fear, instant gratification, and the avoidance of discomfort. They may dabble in their craft, lack consistency, and are easily derailed by criticism or setbacks. Professionals, on the other hand, approach their work with seriousness, perseverance, and a commitment to long-term growth. They understand that mastery requires patience and resilience.

Behavioral Characteristics

- Amateurs procrastinate; professionals prioritize discipline.
- Amateurs seek approval; professionals focus on self-respect.
- Amateurs are passive; professionals are proactive and take responsibility.
- Amateurs blame circumstances; professionals adapt and overcome challenges.
- Amateurs are inconsistent; professionals show up every day, regardless of motivation.

Core Principles of Turning Pro

Commitment and Consistency

Commitment is the cornerstone of turning pro, according to Steven Pressfield. Professionals make a firm decision to dedicate themselves to their craft, regardless of the obstacles. Consistency in showing up and putting in the work becomes non-negotiable. This principle is vital for building momentum, developing skills, and producing meaningful results over time.

Embracing Discomfort and Sacrifice

Turning pro often requires sacrificing short-term pleasures for long-term gains. Professionals embrace discomfort as part of the process, understanding that growth occurs outside their comfort zone.

Pressfield emphasizes that the willingness to endure hardship and persist in the face of resistance is what separates true professionals from amateurs.

Developing Emotional Resilience

Emotional resilience is another core principle detailed in “Turning Pro.” Professionals learn to manage their emotions, handling criticism, rejection, and setbacks with grace. They recognize that emotional maturity is essential for sustaining progress and maintaining motivation, even when results are slow or challenges arise.

Strategies to Overcome Resistance and Self-Sabotage

Identifying Sources of Resistance

Resistance manifests in many forms, including procrastination, self-doubt, distractions, and fear of failure. Steven Pressfield advocates for self-awareness as the first step in overcoming resistance. By identifying the patterns and triggers that lead to avoidance, individuals can begin to address the root causes of their struggles.

Actionable Steps to Defeat Resistance

1. Establish a daily routine dedicated to your craft.
2. Set clear, achievable goals for each session.
3. Limit distractions by creating a focused work environment.
4. Hold yourself accountable through tracking progress.
5. Seek support from mentors or peers who share your commitment.
6. Practice self-compassion and acknowledge small victories.

Building a Supportive Mindset

A supportive mindset is essential for turning pro. Professionals cultivate positive self-talk, resilience, and a growth-oriented perspective. Steven Pressfield encourages readers to view challenges as opportunities for learning rather than threats to self-worth. By reframing setbacks and maintaining focus on long-term goals, individuals can sustain motivation and avoid self-sabotage.

Applying Turning Pro Across Creative and Professional Fields

Turning Pro for Writers and Artists

Pressfield's concepts are particularly impactful for writers and artists who often struggle with creative blocks and inconsistency. By adopting a professional approach, creatives can overcome perfectionism, set boundaries for their work, and produce consistently at a higher level. The principles outlined in "Turning Pro" are applicable to any artistic discipline, encouraging creators to push past fear and embrace the process of mastery.

Entrepreneurship and Business

Entrepreneurs and business professionals benefit greatly from turning pro. Commitment to continuous learning, resilience in the face of adversity, and an unwavering work ethic are essential traits for building successful ventures. Pressfield's advice helps business leaders cultivate a results-driven attitude, streamline workflows, and foster innovation through disciplined practice.

Personal Growth and Self-Development

Turning pro is also relevant to personal development. Individuals seeking to improve their health, relationships, or skills can apply Pressfield's principles to create lasting change. By treating self-development as a professional pursuit, people become more intentional, consistent, and accountable in their efforts, leading to meaningful transformation.

The Lasting Impact of Turning Pro

Psychological Benefits

The psychological impact of turning pro is profound. Professionals experience increased self-esteem, greater satisfaction, and a sense of purpose derived from their commitment. Overcoming resistance leads to personal empowerment, as individuals realize they have the agency to shape their lives and careers.

Long-Term Success and Fulfillment

Steven Pressfield's philosophy fosters long-term success by encouraging sustained effort and personal responsibility. Those who embrace the professional mindset are better equipped to navigate obstacles, adapt to change, and achieve their highest goals. The lasting legacy of "Turning Pro" lies in its ability to inspire individuals to transcend limitations and pursue excellence in all areas of life.

Trending Questions and Answers about turning pro steven pressfield

Q: What is the main message of Steven Pressfield's "Turning Pro"?

A: The main message is that anyone can achieve mastery by shifting from an amateur mindset to a professional one, emphasizing commitment, discipline, and the willingness to overcome resistance.

Q: How does turning pro differ from simply working harder?

A: Turning pro involves a fundamental change in mindset and identity, not just working harder. It's about consistency, emotional resilience, and treating your work with the seriousness and respect of a true professional.

Q: What are common signs of resistance according to Pressfield?

A: Common signs include procrastination, self-doubt, distractions, fear of failure, and making excuses to avoid meaningful work.

Q: Can the principles of turning pro be applied outside of creative fields?

A: Yes, turning pro is applicable to any area requiring growth, discipline, and mastery, including business, sports, education, and personal development.

Q: Why is emotional resilience important in turning pro?

A: Emotional resilience enables professionals to handle setbacks, criticism, and rejection, maintaining motivation and focus on long-term goals.

Q: What practical steps can help someone turn pro?

A: Practical steps include establishing routines, setting clear goals, minimizing distractions, practicing self-compassion, and seeking support from peers or mentors.

Q: How does Steven Pressfield define an amateur?

A: An amateur is someone who avoids discomfort, seeks instant gratification, lacks consistency, and allows fear and resistance to dictate their actions.

Q: What impact does turning pro have on personal fulfillment?

A: Turning pro leads to greater satisfaction, self-esteem, and a sense of purpose, as individuals take control of their growth and achievements.

Q: What role does discipline play in turning pro?

A: Discipline is central to turning pro, ensuring consistent effort, reliability, and the ability to overcome resistance and maintain progress.

Q: Is “Turning Pro” suitable for beginners?

A: Yes, the book provides clear guidance and actionable advice suitable for beginners and seasoned professionals alike, making it a valuable resource for anyone seeking personal or creative growth.

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Turning Pro: Steven Pressfield's Guide to a Life of Purpose and Productivity

Are you tired of starting projects and never finishing them? Do you dream of a life dedicated to your craft, but fear, procrastination, and self-doubt hold you back? Then Steven Pressfield's *Turning Pro* might be the game-changer you've been waiting for. This isn't just another self-help book; it's a battle cry, a call to arms for anyone yearning to transcend amateur status and embrace a life of true professionalism. This post will delve into the core tenets of Pressfield's philosophy, exploring how his insights can transform your approach to work, creativity, and life itself. We'll uncover the secrets to overcoming resistance, embracing discipline, and finally achieving your potential.

Understanding the Amateur vs. the Professional Mindset

Pressfield's central argument hinges on the fundamental difference between the amateur and the professional mindset. It's not about skill level, experience, or even success. It's about a fundamental shift in attitude and commitment.

The Amateur: Driven by Fear and Ego

The amateur, according to Pressfield, is driven by ego. They seek validation, approval, and accolades. Their work is often erratic, fueled by bursts of inspiration followed by long periods of inactivity. Fear – the fear of failure, criticism, and rejection – is their constant companion, preventing them from fully committing to their craft.

The Professional: Driven by Purpose and Discipline

The professional, on the other hand, is driven by purpose. They show up, day in and day out, regardless of their mood or inspiration. They understand that their work is a service, a contribution to something larger than themselves. They face their fear head-on, recognizing it as a natural part of the process. Discipline, not inspiration, is their fuel.

The Resistance: Your Internal Enemy

Pressfield introduces "Resistance" as the primary antagonist in every creative endeavor. This isn't just procrastination; it's a powerful, insidious force that masquerades as rationalization, self-doubt, and distraction. It's the voice that whispers, "Not today," "You're not good enough," or "It's too late."

Identifying and Confronting Resistance

Recognizing Resistance is the first step to overcoming it. Pressfield encourages readers to become aware of their patterns of avoidance and procrastination. By identifying the specific forms Resistance takes in their lives, they can begin to develop strategies to counteract it.

Turning Pro: The Practical Steps

Pressfield isn't just offering philosophical musings; he provides concrete steps to transform from amateur to professional.

1. Show Up: Daily Discipline is Key

The most crucial element is showing up. This isn't about producing masterpieces every day; it's about establishing a consistent routine, dedicating time to your craft, and building momentum. Even small acts of consistent work accumulate over time, leading to significant progress.

2. Embrace the Suck: The Importance of Perseverance

The creative process isn't always glamorous. There will be moments of frustration, doubt, and even boredom. Pressfield emphasizes the importance of persevering through these difficult periods, accepting the "suck" as an inevitable part of the journey.

3. Serve Something Larger Than Yourself: Finding Your Purpose

True professionalism comes from a sense of purpose. When your work serves a higher calling, when you're contributing to something meaningful, the Resistance weakens. Finding this purpose is crucial for long-term motivation and fulfillment.

4. Master Your Craft: Continuous Improvement

Professionalism isn't a destination; it's an ongoing process of learning and improvement. Continuously seeking feedback, studying your craft, and refining your skills are essential for growth.

Beyond the Book: Applying Pressfield's Wisdom to Your Life

Turning Pro is more than just a guide to creative pursuits; it's a philosophy for life. The principles of facing Resistance, embracing discipline, and focusing on purpose can be applied to any area of your life, from personal relationships to career goals.

Conclusion

Steven Pressfield's Turning Pro is a powerful call to action, urging readers to step beyond their amateur status and embrace the life of a true professional. By understanding the nature of Resistance, developing consistent habits, and cultivating a sense of purpose, you can transform your relationship with your work and unlock your true potential. This isn't a quick fix; it's a lifelong journey. But the rewards—a life of purpose, fulfillment, and creative abundance—are well worth the effort.

FAQs

1. Is Turning Pro only for artists and writers? No, the principles in Turning Pro are applicable to any field requiring dedication and discipline. It's about mindset, not specific professions.
2. How long does it take to "turn pro"? There's no set timeframe. It's a gradual process of changing your habits and mindset. Consistency is key.
3. What if I fail? Failure is inevitable. The key is to learn from your mistakes and keep moving forward. It's part of the process.
4. How can I overcome Resistance specifically related to my work? Start small, set achievable goals, and break down large tasks into smaller, manageable steps. Identify your specific triggers and develop strategies to avoid them.

5. Is it necessary to completely abandon my amateur habits overnight? No, it's a gradual shift. Start by incorporating small changes into your routine, building momentum and gradually replacing old habits with new ones.

turning pro steven pressfield: Turning Pro Steven Pressfield, 2012-06-27 The follow-up to his bestseller *The War of Art*, *Turning Pro* navigates the passage from the amateur life to a professional practice. You don't need to take a course or buy a product. All you have to do is change your mind. --Steven Pressfield TURNING PRO IS FREE, BUT IT'S NOT EASY. When we turn pro, we give up a life that we may have become extremely comfortable with. We give up a self that we have come to identify with and to call our own. TURNING PRO IS FREE, BUT IT DEMANDS SACRIFICE. The passage from amateur to professional is often achieved via an interior odyssey whose trials are survived only at great cost, emotionally, psychologically and spiritually. We pass through a membrane when we turn pro. It's messy and it's scary. We tread in blood when we turn pro. WHAT WE GET WHEN WE TURN PRO. What we get when we turn pro is we find our power. We find our will and our voice and we find our self-respect. We become who we always were but had, until then, been afraid to embrace and live out.

turning pro steven pressfield: *Gates Of Fire* Steven Pressfield, 2010-02-23 In the Sunday Times bestseller *Gates of Fire*, Steven Pressfield tells the breathtaking story of the legendary Spartans: the men and women who helped shaped our history and have themselves become as immortal as their gods. 'Breathtakingly brilliant . . . this is a work of rare genius. Savour it!' DAVID GEMMELL 'A tale worthy of Homer, a timeless epic of man and war, exquisitely researched and boldly written. Pressfield has created a new classic' STEPHEN COONTS 'A really impressive book - imaginatively framed, historically detailed and a really gripping narrative' ***** Reader review 'Beautifully written and a great joy to read' ***** Reader review ***** Go tell the Spartans, stranger passing by, That here, obedient to their laws, we lie. 480 BC: At a bleak pass in a far-flung corner of eastern Greece, three hundred Spartan warriors faced the army of King Xerxes of Persia, a massive force rumoured to be over a million strong. Their orders were simple: to delay the enemy for as long as possible in order to buy time for the main Greek armies to mobilize. For six days the Spartans held the invaders at bay. In the final hours - their shields broken, swords and spears shattered - they fought with their bare hands before being overwhelmed . . . It was battle that would become synonymous with extraordinary courage, heroism and self-sacrifice. It was a battle called Thermopylae.

turning pro steven pressfield: *Nobody Wants to Read Your Sh*t* Steven Pressfield, 2016-06-12 There's a mantra that real writers know but wannabe writers don't. And the secret phrase is this: NOBODY WANTS TO READ YOUR SH*T. Recognizing this painful truth is the first step in the writer's transformation from amateur to professional. From Chapter Four: "When you understand that nobody wants to read your shit, you develop empathy. You acquire the skill that is indispensable to all artists and entrepreneurs—the ability to switch back and forth in your imagination from your own point of view as writer/painter/seller to the point of view of your reader/gallery-goer/customer. You learn to ask yourself with every sentence and every phrase: Is this interesting? Is it fun or challenging or inventive? Am I giving the reader enough? Is she bored? Is she following where I want to lead her?"

turning pro steven pressfield: *Do the Work!* Steven Pressfield, 2014-10-28

turning pro steven pressfield: *The Authentic Swing* Steven Pressfield, 2013-09-24 The Story Behind THE LEGEND OF BAGGER VANCE If you've read his books THE WAR OF ART and TURNING PRO, you know that for thirty years Steven Pressfield (GATES OF FIRE, THE AFGHAN CAMPAIGN etc.) wrote spec novel after spec novel before any publisher took him seriously. How did he finally break through? Ignoring just about every rule of commercial book publishing, Pressfield's first novel not only became a major bestseller (over 250,000 copies sold), it was adapted into a feature film directed by Robert Redford and starring Matt Damon, Will Smith, and Charlize Theron.

Where did he get the idea? What magical something did THE LEGEND OF BAGGER VANCE have that his previous manuscripts lacked? Why did Pressfield decide to write a novel when he already had a well established screenwriting career? How does writing a publishable novel really work? Taking a page from John Steinbeck's classic JOURNAL OF A NOVEL, Steven Pressfield offers answers for these and scores of other practical writing questions in THE AUTHENTIC SWING.

turning pro steven pressfield: *The Artist's Journey* Steven Pressfield, 2018 I have a theory about the Hero's Journey. We all have one. We have many, in fact. But our primary hero's journey is the passage we live out, in real life, before we find our calling. The hero's journey ends when, like Odysseus, we return home to Ithaca, to the place from which we started. What then? The passage that comes next is The Artist's Journey. On our artist's journey, we move past Resistance and past self-sabotage. We discover our true selves and our authentic calling, and we produce the works we were born to create. You are an artist too-whether you realize it or not, whether you like it or not-and you have an artist's journey. Will you live it out? Will you follow your Muse and do the work you were born to do? Ready or not, you are called.--Back cover.

turning pro steven pressfield: *The War of Art* Steven Pressfield, 2002-06-03 What keeps so many of us from doing what we long to do? Why is there a naysayer within? How can we avoid the roadblocks of any creative endeavor—be it starting up a dream business venture, writing a novel, or painting a masterpiece? The War of Art identifies the enemy that every one of us must face, outlines a battle plan to conquer this internal foe, then pinpoints just how to achieve the greatest success. The War of Art emphasizes the resolve needed to recognize and overcome the obstacles of ambition and then effectively shows how to reach the highest level of creative discipline. Think of it as tough love . . . for yourself.

turning pro steven pressfield: *The Warrior Ethos* Steven Pressfield, 2011-03-02 WARS CHANGE, WARRIORS DON'T We are all warriors. Each of us struggles every day to define and defend our sense of purpose and integrity, to justify our existence on the planet and to understand, if only within our own hearts, who we are and what we believe in. Do we fight by a code? If so, what is it? What is the Warrior Ethos? Where did it come from? What form does it take today? How do we (and how can we) use it and be true to it in our internal and external lives? The Warrior Ethos is intended not only for men and women in uniform, but artists, entrepreneurs and other warriors in other walks of life. The book examines the evolution of the warrior code of honor and mental toughness. It goes back to the ancient Spartans and Athenians, to Caesar's Romans, Alexander's Macedonians and the Persians of Cyrus the Great (not excluding the Garden of Eden and the primitive hunting band). Sources include Herodotus, Thucydides, Plutarch, Xenophon, Vegetius, Arrian and Curtius--and on down to Gen. George Patton, Field Marshal Erwin Rommel, and Israeli Minister of Defense, Moshe Dayan.

turning pro steven pressfield: *Turning Pro* Steven Pressfield, 2012 Turning Pro is the follow up work to Steven Pressfield's classic, The War of Art. What we get when we turn pro is we find our power. We find our will and our voice and we find our self-respect. We become who we always were but had, until then, been afraid to embrace and to live out.

turning pro steven pressfield: *The Professional Mindset* Steven Pressfield, 2019-03-05

turning pro steven pressfield: *The Lion's Gate* Steven Pressfield, 2014-06-04 A brilliant look into the psyche of combat. Where he once took us into the Spartan line of battle at Thermopylae, Steven Pressfield now takes us into the sands of the Sinai, the alleys of Old Jerusalem, and into the hearts and souls of soldiers winning a spectacularly improbable victory against daunting odds." —General Stanley McChrystal, U.S. Army, ret.; author of My Share of the Task June 5, 1967. The nineteen-year-old state of Israel is surrounded by enemies who want nothing less than her utter extinction. The Soviet-equipped Egyptian Army has massed a thousand tanks on the nation's southern border. Syrian heavy guns are shelling her from the north. To the east, Jordan and Iraq are moving mechanized brigades and fighter squadrons into position to attack. Egypt's President Nasser has declared that the Arab force's objective is "the destruction of Israel." The rest of the world turns a blind eye to the new nation's desperate peril. June 10, 1967. The Arab armies have been routed,

ground divisions wiped out, air forces totally destroyed. Israel's citizen-soldiers have seized the Gaza Strip and the Sinai Peninsula from Egypt, the Golan Heights from Syria, East Jerusalem and the West Bank from Jordan. The land under Israeli control has tripled. Her charismatic defense minister, Moshe Dayan, has entered the Lion's Gate of the Old City of Jerusalem to stand with the paratroopers who have liberated Judaism's holiest site—the Western Wall, part of the ruins of Solomon's temple, which has not been in Jewish hands for nineteen hundred years. It is one of the most unlikely and astonishing military victories in history. Drawing on hundreds of hours of interviews with veterans of the war—fighter and helicopter pilots, tank commanders and Recon soldiers, paratroopers, as well as women soldiers, wives, and others—bestselling author Steven Pressfield tells the story of the Six Day War as you've never experienced it before: in the voices of the young men and women who battled not only for their lives but for the survival of a Jewish state, and for the dreams of their ancestors. By turns inspiring, thrilling, and heartbreaking, *The Lion's Gate* is both a true tale of military courage under fire and a journey into the heart of what it means to fight for one's people.

turning pro steven pressfield: *Composed* Rosanne Cash, 2010-08-10 A candid and moving memoir from the critically acclaimed singer and songwriter For thirty years as a musician, Rosanne Cash has enjoyed both critical and commercial success, releasing a series of albums that are as notable for their lyrical intelligence as for their musical excellence. Now, in her memoir, Cash writes compellingly about her upbringing in Southern California as the child of country legend Johnny Cash, and of her relationships with her mother and her famous stepmother, June Carter Cash. In her account of her development as an artist she shares memories of a hilarious stint as a twenty-year-old working for Columbia Records in London, recording her own first album on a German label, working her way to success, her marriage to Rodney Crowell, a union that made them Nashville's premier couple, her relationship with the country music establishment, taking a new direction in her music and leaving Nashville to move to New York. As well as motherhood, dealing with the deaths of her parents, in part through music, the process of songwriting, and the fulfillment she has found with her current husband and musical collaborator, John Leventhal. Cash has written an unconventional and compelling memoir that, in the tradition of M. F. K. Fisher's *The Gastronomical Me* and Frank Conroy's *Stop-Time*, is a series of linked pieces that combine to form a luminous and brilliant whole.

turning pro steven pressfield: *The Knowledge* Steven Pressfield, 2016-11-23 *THE KNOWLEDGE* is not just a writer's coming-of-age story. It's every writer's coming-of-age story. If you're a fan of *THE WAR OF ART*, Pressfield's new memoir, *THE KNOWLEDGE*, is the story behind that story and the origin tale between its lines. In the high-crime 1970s in New York, Pressfield was driving a cab and tending bar, incapable of achieving anything literary beyond the completion of his third-in-a-row unpublishable novel. Until fate, in the form of a job tailing his boss's straying wife, propels him into a Big Lebowski-esque underworld saga that ends with him coming to a life-altering crisis involving not just the criminals he has become deeply and emotionally involved with, but with his own inner demons of the blank page.

turning pro steven pressfield: *The Afghan Campaign* Steven Pressfield, 2007-06-05 2,300 years ago an unbeaten army of the West invaded the homeland of a fierce Eastern tribal foe. This is one soldier's story . . . The bestselling novelist of ancient warfare returns with a riveting historical novel that re-creates Alexander the Great's invasion of the Afghan kingdoms in 330 b.c. In a story that might have been ripped from today's combat dispatches, Steven Pressfield brings to life the confrontation between an invading Western army and fierce Eastern warriors determined at all costs to defend their homeland. Narrated by an infantryman in Alexander's army, *The Afghan Campaign* explores the challenges, both military and moral, that Alexander and his soldiers face as they embark on a new type of war and are forced to adapt to the methods of a ruthless foe that employs terror and insurgent tactics. An edge-of-your-seat adventure, *The Afghan Campaign* once again demonstrates Pressfield's profound understanding of the hopes and desperation of men in battle and of the historical realities that continue to influence our world.

turning pro steven pressfield: *Going Pro* Tony Kern, 2011-09

turning pro steven pressfield: The Story Grid Shawn Coyne, 2015-05-02 WHAT IS THE STORY GRID? The Story Grid is a tool developed by editor Shawn Coyne to analyze stories and provide helpful editorial comments. It's like a CT Scan that takes a photo of the global story and tells the editor or writer what is working, what is not, and what must be done to make what works better and fix what's not. The Story Grid breaks down the component parts of stories to identify the problems. And finding the problems in a story is almost as difficult as the writing of the story itself (maybe even more difficult). The Story Grid is a tool with many applications: 1. It will tell a writer if a Story ?works? or ?doesn't work. 2. It pinpoints story problems but does not emotionally abuse the writer, revealing exactly where a Story (not the person creating the Story'the Story) has failed. 3. It will tell the writer the specific work necessary to fix that Story's problems. 4. It is a tool to re-envision and resuscitate a seemingly irredeemable pile of paper stuck in an attic drawer. 5. It is a tool that can inspire an original creation.

turning pro steven pressfield: Last Of The Amazons Steven Pressfield, 2010-05-25 A dazzling and profoundly moving tale of love and war, honour and revenge from Steven Pressfield, author of the Sunday Times Bestseller Gates of Fire. Beyond the best battle scenes I've ever read - brutal, bloody and thoroughly gripping -- DIANA GABALDON Steven Pressfield...makes the distant past seem real and immediate. This is historical fiction elevated to the status of myth. -- DANIEL SILVA Pressfield writes with a quality and style akin to classical legend...a joy to read -- JOHN WHITBOURN A gripping, un-put downable read! -- ***** Reader review Great reading. Thrilling, exciting and then some. -- ***** Reader review ***** TO THEM HONOUR AND LOYALTY WERE EVERYTHING... 1250 BC: Theseus, king of Athens and slayer of the Minotaur, set sail on a journey that brought him to the land of 'tal Kyrte', the 'Free People', a nation of fiercely proud and passionate warrior women whom the Greeks called 'Amazons'. Lovers and fighters they owed allegiance to no man and distrusted the Greeks with their boastful talk of cities and civilization. When their illustrious war queen Antiope fell in love with Theseus and fled to Athens with the king and his followers, so denying her people, the Amazon tribes were outraged. Seeking revenge, they raised a vast army and marched on Athens. History tells us they could not win, but for a brief and glorious moment, the Amazons held the Attic world in thrall before vanishing into the immortal realms of myth and legend.

turning pro steven pressfield: The Successful Author Mindset Joanna Penn, 2018-12-06 Being a writer is not just about typing. It's also about surviving the roller-coaster of the creative journey. Self-doubt, fear of failure, the need for validation, perfectionism, writer's block, comparisonitis, overwhelm, and much more. This book offers a survival strategy and ways to deal with them all.

turning pro steven pressfield: The Virtues of War Steven Pressfield, 2005-09-27 I have always been a soldier. I have known no other life. So begins Alexander's extraordinary confession on the eve of his greatest crisis of leadership. By turns heroic and calculating, compassionate and utterly merciless, Alexander recounts with a warrior's unflinching eye for detail the blood, the terror, and the tactics of his greatest battlefield victories. Whether surviving his father's brutal assassination, presiding over a massacre, or weeping at the death of a beloved comrade-in-arms, Alexander never denies the hard realities of the code by which he lives: the virtues of war. But as much as he was feared by his enemies, he was loved and revered by his friends, his generals, and the men who followed him into battle. Often outnumbered, never outfought, Alexander conquered every enemy the world stood against him-but the one he never saw coming. . . . BONUS: This edition contains an excerpt from Steven Pressfield's The Profession.

turning pro steven pressfield: The Seeker and the Monk Scott Sophronia, Taylor Brown, Barbara, 2021-03-16 What if we truly belong to each other? What if we are all walking around shining like the sun? Mystic, monk, and activist Thomas Merton asked those questions in the twentieth century. Writer Sophronia Scott is asking them today. In The Seeker and the Monk, Scott mines the extensive private journals of one of the most influential contemplative thinkers of the past for guidance on how to live in these fraught times. As a Black woman who is not Catholic, Scott both

learns from and pushes back against Merton, holding spirited, and intimate conversations on race, ambition, faith, activism, nature, prayer, friendship, and love. She asks: What is the connection between contemplation and action? Is there ever such a thing as a wrong answer to a spiritual question? How do we care about the brutality in the world while not becoming overwhelmed by it? By engaging in this lively discourse, readers will gain a steady sense of how to dwell more deeply within--and even to love--this despairing and radiant world.

turning pro steven pressfield: *The Legend of Bagger Vance* Steven Pressfield, 2014-11-17

turning pro steven pressfield: *Story Grid 101* Shawn Coyne, 2020-07-08

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turning pro steven pressfield: *The Power to Get Things Done* Steve Levinson, Ph.D., Chris Cooper, 2015-12-29 Turn your good intentions into action. This book contains a ton of practical and easy-to-implement techniques and strategies for getting yourself to do whatever needs to be done. --Jack Canfield, coauthor of *The Success Principles* and the bestselling *Chicken Soup for the Soul* series. Whether you run your own business or work for someone else, you've probably got a lot on your plate. Along with the portion of your work that you truly feel like doing comes a generous helping of things you'd rather not do. As consultants, Steve Levinson and Chris Cooper have seen countless clients struggle—and often fail—to do the many success-producing things they know they should do but don't feel like doing. *The Power to Get Things Done* will teach you how to consistently turn your good intentions into action so that you can be as successful as possible in the work you do. Don't feel like filing those pesky tax forms or making the follow-up calls you've been putting off? *The Power to Get Things Done* will show you how to get yourself--and keep yourself--in gear. Levinson and Cooper offer you a host of practical solutions, including: • the smart way to think about and treat your own good intentions • three key principles of following through that will change everything • simple but powerful principles and strategies that will turn you into a follow-through champion.

turning pro steven pressfield: *Silos, Politics and Turf Wars* Patrick M. Lencioni, 2010-06-03 Practical and hands-on strategies for breaking down silos and minimizing workplace politics In yet another page-turner, New York Times best-selling author and acclaimed management expert Patrick Lencioni addresses the costly and maddening issue of silos: the barriers that create organizational politics. Silos devastate organizations, kill productivity, push good people out the door, and jeopardize the achievement of corporate goals. As with his other books, Lencioni writes *Silos, Politics, and Turf Wars* as a fictional—but eerily familiar—story. The story is about Jude Cousins, an eager young management consultant struggling to launch his practice by solving one of the more

universal and frustrating problems faced by his clients. Through trial and error, he develops a simple yet ground-breaking approach for helping them transform confusion and infighting into clarity and alignment. In the book, you'll find: Ways to recognize the devastating-and destructive-power of silos How to create an overarching thematic goal or rallying cry for your organization Strategies for employees to avoid the confusion that often accompanies working in matrix organizations Perfect for executives, managers, and other business leaders, *Silos, Politics, and Turf Wars* will also earn a place in the libraries of consultants and other professionals who serve organizations of all sizes.

turning pro steven pressfield: *Make Every Man Want You* Marie Forleo, 2008-05-04 Unleash Your Irresistibility! *Make Every Man Want You* gives every woman the tools she needs to unlock her inner magnet. --Kelly Ripa Let's make one thing clear: this book is like no other dating book you've read. There are no rules, no list of things to do to land a husband in thirty days, and no reason to blame yourself if "he's just not that into you." Please. Throw those books away. Instead, let's focus on you--and how you can make yourself more appealing to others in almost every situation--whether you have a man or not. Think of it as a crash course in desirability, a life-changing lesson in loving yourself inside and out. Once you embrace your unique qualities and dissolve your bad relationship habits, you'll be amazed to find how irresistible you are to others! This girl-friendly guide reveals: Five Truths Every Irresistible Woman Needs to Know: Live in the moment, Men do not want to be changed or improved Seven Habits of Highly Unattractive Women: Boring in bed, Being needy Eight Secrets of Attracting the Right Man for You: Get rid of your perfect man checklist, Have your own life

turning pro steven pressfield: *Take Back Your Book* Katlyn Duncan, 2021-08-26 Have you sold your book to a publisher, but years later it's not selling the way you want? Are you frustrated with the lack of marketing for your novel and low royalty payments? It's time to take back your book. This short guide will give you the confidence and knowledge you need to ask for rights reversion and take control over that book again. In *'Take Back Your Book: An Author's Guide to Rights Reversion and Publishing on Your Terms'* you'll find: The basics of rights reversion How to ask for your book rights back What happens when you do, or don't get those rights back What to do after your rights are reverted How to self-publish your novel Long-term considerations for your author business and backlist This book features interviews with authors who successfully acquired their book rights after publication and their continued successes. You will always be your book's biggest champion. Don't condemn it to years of neglect at someone else's hands. Take back your rights and put it to work for years to come.

turning pro steven pressfield: *The Practice* Seth Godin, 2020-11-03 From the bestselling author of *Purple Cow* and *This is Marketing* comes a book that will inspire artists, writers, and entrepreneurs to stretch and commit to putting their best work out into the world. Creative work doesn't come with a guarantee. But there is a pattern to who succeeds and who doesn't. And engaging in the consistent practice of its pursuit is the best way forward. Based on the breakthrough Akimbo workshop pioneered by legendary author Seth Godin, *The Practice* will help you get unstuck and find the courage to make and share creative work. Godin insists that: - Writer's block is a myth - Consistency is far more important than authenticity - Experiencing the imposter syndrome is a sign that you're a well-adjusted human. Most of all, he shows you what it takes to turn your passion from a private distraction to a productive contribution, the one you've been seeking to share all along.

turning pro steven pressfield: *The Art of Not Falling Apart* Christina Patterson, 2018-05-03 New Statesman's Best Books of the Year, 2018 Mail on Sunday, Books of the Year, 2018 We plan, as the old proverb says, and God laughs. But most of us don't find it all that funny when things go wrong. Most of us want love, a nice home, good work, and happy children. Many of us grew up with parents who made these things look relatively easy and assumed we would get them, too. So what do you do if you don't? What do you do when you feel you've messed it all up and your friends seem to be doing just fine? For Christina Patterson, it was her job as a journalist that kept her going through the ups and downs of life. And then she lost that, too. Dreaming of revenge and irritated by self-help books, she decided to do the kind of interviews she had never done before. The resulting

conversations are surprising, touching and often funny. There's Ken, the first person to be publicly fired from a FTSE-100 board. There's Winston, who fell through a ceiling onto a purple coffin. There's Louise, whose baby was seriously ill, but who still worried about being fat. And through it all, there's Christina, eating far too many crisps as she tries to pick up the pieces of her life. *The Art of Not Falling Apart* is a joyous, moving and sometimes shockingly honest celebration of life as an adventure, one where you ditch your expectations, raise a glass and prepare for a rocky ride.

turning pro steven pressfield: *Solving the Procrastination Puzzle* Timothy A. Pychyl, 2013-10-29 The revised edition of the self-published hit, offering powerful strategies to end procrastination. Why do we sabotage our own best intentions? How can we eliminate procrastination from our lives for good? Based on current psychological research and supplemented with clear strategies for change, this concise guide will help readers finally break free from self-destructive ideas and habits, and move into freedom and accomplishment. With numerous practical tips for change, *Solving the Procrastination Puzzle* brings clarity and scientific studies—and a touch of humor!—to the quest for successfully achieving goals. This accessible guide is perfect for entrepreneurs, parents, students, and anyone who wants to get unstuck, stop delaying, and start living their most inspired life.

turning pro steven pressfield: *Good Little Wolf* Nadia Shireen, 2011 Rolf is proud when his friend, Mrs. Boggins, calls him a good little wolf, but when the Big Bad Wolf teases him Rolf tries to prove himself by howling at the moon and blowing down Little Pig's house. Full color.

turning pro steven pressfield: *The 3 Big Questions for a Frantic Family* Patrick M. Lencioni, 2008-09-09 A singularly relevant application of organizational leadership to the home and family In this unique and groundbreaking book, business consultant and New York Times best-selling author Patrick Lencioni sets his sights on the most important organization in our lives—the family. As a husband and as the father of four young boys, Lencioni realized the discrepancy between the time and energy his clients put into running their organizations and the reactive way most people run their personal lives. Having experienced the stress of a frantic family firsthand, he and his wife began applying some of the tools he uses with Fortune 500 companies at home, and with surprising results. In the book, you'll learn to answer questions like: What makes my family unique? What is my family's biggest priority—its rallying cry—right now? How can my family use the answers to these questions today, next week, and next year? An indispensable resource for busy professionals with full family lives, *The 3 Big Questions for a Frantic Family* belongs on the bookshelves of anyone who has ever struggled to balance leading people at work with leading a family unit.

turning pro steven pressfield: *The Freelance Way* Robert Vlach, 2022-03-02 The most comprehensive book for freelancers ever written - Packed with proven freelance know-how, including advice from world-class experts like David Allen (*Getting Things Done*), Adam Grant (*Give and Take*), Austin Kleon (*Show Your Work*), and David H. Hansson (*Remote: Office Not Required*). *The Freelance Way* is THE business book for independent professionals. It presents the best available and fully up-to-date freelance know-how, compiled from hundreds of quality sources, including surveys, the latest market data, advice from world-class experts, as well as real-life experiences and stories from hundreds of professionals in different fields and countries, which makes the book highly relevant to freelancers worldwide. The contents of this volume cover all the basics and best practices for beginning freelancers, as well as advanced career strategies and tools for freelance veterans. There are practical tips for greater productivity, successful teamwork, smart pricing, powerful business negotiations, bulletproof personal finance, effective marketing, and much more.

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Washington Post Bestseller Wall Street Journal Bestseller USA Today Bestseller Publishers Weekly Bestseller Do you want to change the course of your life? Do you want to be the best? The best manager, the best athlete, the best artist, the best speaker, the best parent? In *There's No Plan B for Your A-Game*, former pro athlete, playwright, and acclaimed leadership coach Bo Eason shows you exactly what it takes to be the best. His proven tools and training have worked for Olympic medalists, military leaders, bestselling authors, professional athletes, and business executives and their teams. *There's No Plan B for Your A-Game* explains how to develop the character, integrity, and commitment it takes to become the best. Bo Eason focuses on a winning four-step process that helps you attain the skill, maintain the effort, and persist through challenges: Declaration: What do you want to achieve? Preparation: How can you make it happen? Acceleration: Where will you find the stamina to reach your goal? Domination: Why do you take others with you? With inspiring, specific, real-world guidance, *There's No Plan B for Your A-Game* teaches the best practices that lead to the best results, in every walk of life.

turning pro steven pressfield: *Coming Alive* Phil Stutz, Barry Michels, 2017-08-22 From the international bestselling authors of *THE TOOLS* and *GOOP*'s resident psychotherapists comes a ground-breaking new book to help us overcome the side of us that is destructive and negative to find a deep level of happiness and fulfilment. Just as we are all motivated and driven by a positive desire to be our best, live by our values and to follow our dreams, so too are we all held back by a negative, destructive and fear-driven side of ourselves. It is this part of us that compromises our ability to realise our potential and be truly happy - the side of us that the authors called our Part X. We all have a Part X and we cannot get rid of it, but we can learn to manage it with the help of the four simple tools in this book. When we do this we free ourselves from whatever is holding us back to create a fulfilled life and anything we want or need to achieve becomes truly possible. The four tools in this book help break Part X's four main negative influences in our lives, namely: - Destructive impulses - Exhaustion and apathy - Negative thoughts and demoralisation - Pain and hurt *COMING ALIVE* is an inspiring, practical book to help us wake up to how we are being held back in life and to energise us to finally achieve our full potential.

turning pro steven pressfield: *Wild Hunger* Bruce Wilshire, 1999-10-27 Why is it that even amidst affluence and power, our culture is plagued by a variety of addiction? In this pioneering book, the author searches for answers by giving serious attention to our genetic legacy from our hunter-gatherer ancestors as well as to the unique ways we adapt to our environment through the practice of science addiction - including drugs, alcohol, cigarettes, and gambling - suggesting that wilderness exploration, in the arts, myths, and ceremonies, can help us rediscover what it means to be human creatures. Bringing together the insights of philosophy, religion, cultural anthropology, behavioural biology, and the vast socio-medical literature on addiction. The author ingeniously explores the limits of our adaptive capacity and the costs of depleting the natural regenerative functions of the body.

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turning pro steven pressfield: *21 Insights for 21st Century Creatives* Mark McGuinness, 2018-08-25 Insights to help you thrive as a creator amid the demands, distractions, and opportunities of the 21st century. Mark McGuinness has spent 21 years coaching creative professionals to achieve their artistic and career ambitions. In this book he shares 21 of the most powerful insights that have emerged from coaching conversations with hundreds of creatives - as well as from his own practice as an award-winning poet. Whether you are a fine artist, a performer or entertainer, a commercial creative, or a creative entrepreneur, many of your biggest challenges are the ones that are familiar to all creative professionals: * Finding—and staying true to—your deepest sources of inspiration * Carving out time to produce great work amid the demands and distractions of 21st century life * Balancing creativity, money, and your professional ambitions * Giving yourself a break from the relentless perfectionism of your Inner Critic * Creating your own security in an uncertain world * Believing in your vision when people around you just don't get it *

Deciding whether to approach publishers, record companies or other middlemen, or to “go direct” to your audience * Attracting an audience from scratch, or breaking into a tightly networked industry as an outsider * Dealing with rejection, criticism, and plain unvarnished failure * Dealing with fear and anxiety—about your work, about your audience, about the critics, about failure, and even about success Perhaps the biggest challenge faced by a 21st century creator is the one it’s easiest to overlook when you’re preoccupied with the demands of the day: How can you chart your course and make meaningful progress when you set out on an original path, where there is no conventional career ladder, no job security, and the usual rules don’t apply? This book tackles these challenges head on, and it provides answers you won’t find in books of traditional career advice: 1. Everything is powered by love 2. Reach for the stars 3. Something old, something new 4. Your creativity is your security 5. Forget the career ladder—start creating assets 6. Personal development is professional development (and vice versa) 7. Your struggle is a clue to your superpower 8. There are four types of work (and one matters more than the others) 9. Desire beats discipline 10. Your motivations are always mixed 11. Play the game you want to play 12. Pick two out of money, fame and artistic reputation 13. Find your medium, choose your media 14. Stay small, go global 15. Learn from the best in the world 16. Don’t let the crappy part put you off 17. Be thankful for your Inner Critic 18. Hustling is part of your job 19. Stop trying to earn money—start creating value 20. You can have all the excuses you want 21. Courage may be the missing ingredient Mark has deliberately kept this book short, so that you can burn through it in one sitting for a burst of inspiration. Or keep it handy on your phone and consult it in the quiet moments of your day, or on those days when you need to dig deep for motivation.

turning pro steven pressfield: Running Down a Dream Tim Grahl, 2018-07-03 A Deeply Personal Field Guide to Defeating Your Own Worst Enemy When you dream, you envision a magical future...the day when you have heroically slayed dragons and unlocked the creativity and genius buried deep inside. But how do you actually get to that destination? You can analyze the myths of visionary creators-artists, writers, musicians, software developers, etc. who have accomplished the impossible. You'll read about how they went for it, refused to quit, and would not be denied. But exactly how these successful creators went from being fearful dreamers to accomplished artists proves elusive. Running Down a Dream unflinchingly bares the naked truth of creation and shares the practical to-do list to take you from here to there. The good news? You don't have to be an Austen or a Michelangelo or an Oprah to create a work of art. The bad news? There is no glossing over the pain, embarrassment, and financial terror necessary to contend with on your journey to mission accomplished. More good news? What lies ahead for you is the realization of your heroic self. The run is worth it in ways you can't yet imagine.

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