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**DO THE WORK: How to Overcome Resistance and Get Out of Your Own Way
New Book by Bestselling Author Steven Pressfield**

NEW YORK—April 1st, 2011—Picture yourself calmly working through writer’s block or submitting your work proposal without anxiety. Imagine the satisfaction of finally starting the project or exercise routine you’ve dreamt of. According to bestselling author Steven Pressfield, this is what it feels like when you’ve conquered Resistance.

Pressfield’s newest book, **Do the Work** (The Domino Project, April 2011), presents a new way to face creative battles using practical tools drawn from Pressfield’s own experience as a writer. A companion to his much loved *War of Art*, acclaimed by artists, writers, and entrepreneurs battling creative challenges, **Do the Work** inspires readers to get out of their own way in pursuing their dreams. Pressfield states, “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.”

Do the Work shows how to successfully beat Resistance and reveals the most important question to ask before and during the creative process. Readers will learn to:

- Surround themselves with supporters who’ll help them do the work
- Overcome self-sabotaging and habitual behaviors that keep them from doing the work
- Uncover the arsenal of tools available to them to help do the work
- Discipline themselves to be trained warriors ready to do the work
- Avoid creative pitfalls and discover new and effective strategies to battle Resistance

Filled with action steps and personal examples, Pressfield reveals matter-of-factly how Resistance ruined his life until he learned how to overcome it. Once you read **Do the Work**, there’s no excuse for not doing the work you know matters.

Steven Pressfield is the author of the hugely successful historical novels *Gates of Fire*, *Tides of War*, and *Last of the Amazons*. His debut novel, *The Legend of Bagger Vance*, was made into a movie starring Will Smith in 2000.

Published by The Domino Project, a new publishing imprint powered by Amazon, **Do the Work** is a reminder to do work that matters. Led by bestselling author Seth Godin, The Domino Project includes books by thought leaders that are available as hardcovers and audiobooks via Amazon.com and at bookstores nationwide, and as e-books exclusively in the Kindle Store via Amazon.com (www.amazon.com/kindlestore.) **Do the Work** will also be available as a 5-pack, a 48-multipack and a collectible edition in addition to the hardcover. Sign up for free updates about Domino books at www.TheDominoProject.com.

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