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**Executive Summary of The War of Art**

In *The War of Art's* Book§Summary Without Incessant Filler Traps we summarize the key points, fundamental concepts and valuable insights including:

- 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
- **Plus much more...**

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