



# **The Heart To Start: Win the Inner War & Let Your Art Shine**

*David Kadavy*

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**You have something to offer the world. Find the inspiration and motivation to finally start making your art.**

In *The Heart to Start* David Kadavy, bestselling author of *Design for Hackers*, shows you how to overcome fear, self-doubt, and distractions to win the inner war and finally let your art shine.

Through the stories of great creators, from Picasso to Maya Angelou, interwoven with David's rise from cubicle-dweller to bestselling author, and from the guests of David's podcast, *Love Your Work*, you'll learn:

**What "inner war" keeps your art inside you?** You'll learn from Steven Pressfield, Ryan Holiday, and Sean Stephenson.

**Where can you find explosive ideas worth following?** Learn about the magic of your inner voice from Maya Angelou, the Impressionist painters, and J. K. Rowling.

**Why is perfectionism the most dangerous form of procrastination,** and what can you do about it? You'll hear from Ira Glass and Ed Sheeran.

**How can your big dreams actually hold you back?** You'll learn from daredevil Evel Knievel and cartoonist Hugh MacLeod.

**What motivational martial art can knock your ego on its back** and propel your project forward? Learn from behavioral scientist Dan Ariely, and a U.S. submarine captain.

In *The Heart to Start*, writers, artists, filmmakers, musicians, and entrepreneurs will find the inspiration and mindset to bust through fear, self-doubt, and procrastination to finally let their art shine.

## The Heart To Start: Win the Inner War & Let Your Art Shine Details

Date : Published December 3rd 2017 by Kadavy, Inc.

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Author : David Kadavy

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# **From Reader Review The Heart To Start: Win the Inner War & Let Your Art Shine for online ebook**

## **Michelle says**

So, I think the advice in this book is fairly sound, but this author seems to be operating in a very masculine sphere, hanging out with his exclusively male buddy motivation gurus (having read a few of their books, they all seem to cite each other), untrammelled by family or other obligations, able to work for hours in the morning without any interruptions. Not saying that women researchers are overlooked, e.g. Carol Dweck is cited (of course!), but I think if I do read another book in this "get motivated to start!" genre, I'll pick one written by someone whose circumstances are less foreign to me.

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## **Jeff Wikstrom says**

I was reading this book as I finished 2017 and started 2018. 2017 was a great year for me. I was able to focus on me, getting back in shape, meditating, journaling, and even doing a little bit of blogging. I'm ready to go further this year, and Heart to Start was a great segue for me. It's honest, practical, and full of great examples. It's a quick read too and pretty scannable. I feel like I'll be able to thumb through it again throughout the year to refresh my memory and keep on track.

Thanks!

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## **Héctor Iván Patricio Moreno says**

This is a truly valuable read for everyone who wants to start doing something he/she likes or feels passionate about.

I can note that this book is inspired on the ideas of many other books and persons, but although I've already read several of them, this book has original and never heard advice at least by me, or presented in a completely different and original way.

Some of the ideas that stuck with me are:

- We inflate the goals/dreams or action needed to reach those goals, if we want to start something, we must start working right away, without thinking much about it.
- We can trick ourselves to start by saying little lies, using the force of our own ego against it.
- Taking advantage of the little spare time we have around the day to make productive or beneficial things can take us a long way ahead.
- If we want to be great, we need to give ourselves permission be bad first.

There are so much other valuable ideas, quickly explained in this book, with enough examples and

experience to reinforce them.

Great writing.

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### **Jennifer Jordan says**

#### **A quick read with lists of meat.**

It packs a punch and will get you motivated to get your art out of yourself and into the world.

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### **Mazin says**

#### **A good read to get you motivated**

This is a pretty short book about the author's experience and struggles on getting started with projects or tasks. In my opinion, this book is a lot better than those over hyped motivational books full of profanity and whatnot. Simple and short. I wish it had more content but it's a decent book nonetheless.

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### **Timothy Miller says**

#### **Engaging Book on Taking That First BOLD Step**

This was my first exposure to David Kadavy and I wonder why I haven't run across his work before. Several people referenced by the author are people whom I also follow.

I found this book to be engaging and thought provoking. At various points, I found myself thinking, "That makes sense" or "I've had the same exact thought." I appreciate the author does not try to take credit for "inventing" a particular trend or general good practice. Instead, he highlights that, in fact, many other people were thinking the same as he did, but...they took action. This is a defining feature of serial entrepreneurs and inventors. Leaders take action while others let their own thoughts, fears and insecurities hold them back.

If you are doubting yourself or you believe your thinking is crazy, you should read this book. It's a fast read, but I found it full of useful thoughts and ideas. There were many times I stopped and had to think about a concept. I will read this again as I know there will be even more nuggets of knowledge I will glean in the second reading.

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### **Ali says**

"The same way a rocket needs to escape the gravitational pull of Earth to get into space, your art needs to escape the pull of ego to get into the world. You're going to need some serious fuel to make that happen." I'm a perennial fan of punchy, exhortative get-off-your-ass books such as Stephen Pressfield's classics *The War of Art* and *Turning Pro*, Austin Kleon's *Steal Like an Artist*, and Seth Godin's entire oeuvre. This book

by the creator of the Love Your Work podcast is a welcome addition to the genre. I'll be rereading its 140 pages often for rocket fuel. 8.5/10

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### **Bruno Pedro says**

#### **Great advice**

Interesting read with lots of short stories taken from interviews. Easy to read and understand. If you're an artist or an aspiring maker you should definitely read this book.

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### **Joyia Echols says**

#### **Great takeaways**

Read this if you want great takeaways on how to build the momentum to get started on your creative projects.

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### **Giovanni says**

A book to keep close everytime you think you cant make something.

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### **Paul Bard says**

Basically a faultless book. Precisely what the book promises in the cover and opening preface, it performs for the reader.

Kadavy delivers a precise message on how to create what your heart's desires, dividing it into three sections on the laws of creating, the motivation, and the practical techniques. Superb, simple, direct, and sincere.

I particularly like the opening which tells you why you might wish to stop reading the book. That won me over. Charming.

EDIT: Reflecting on this book five days after reading it, I am impressed by the simplicity of Kadavy's thinking. He's not trying to invent anything new here, he's just trying to HELP.

Here are some notes I made from the book:

- Ideas are FUEL not a judgement
- Look for the Pump Idea, the idea that makes your heart beat faster.

I love how he talks about the Voice in such a non-mystical way, very practical.

I appreciate for the first time really that when a great idea doesn't work out there is real sadness and disappointment. I never noticed that. Thankyou.

- Appreciating overcomes fear and doubt. Magical advice!
- The work of art reveals itself THROUGH itself. Kadavy speaks beautifully about the mystery of creativity here.

My next action is: Set a timer and work on a creative project that inspires me for ten minutes.

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### **Andre says**

While I've read a few books on overcoming the barriers to starting something - I enjoyed Kadavy's candid telling of his own work highlights and experiences that illustrate each of the phases that impact getting you going on creating new art (or any new endeavor you've been putting off).

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### **David says**

#### **Wow!**

I had the opportunity to interview the author shortly after Design For Hackers and was amazed by David's humility and passion.

In this book it's as if you're sitting with David as he keeps it real about what's holding you back.

Definitely a book I'd recommend taking the time to read. Especially if you're up against a massive creative block or staring burnout in the face. Even if you're just starting out, this book has gems upon gems to make your journey that much better.

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### **Paul Grech says**

Based largely on anecdotes most of which through the author's conversation with other high profile creators on his own podcast - as opposed to academic research - I have to admit that this didn't make much of an impact with me. There were insightful snippets occasionally but not enough of them.

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### **Jonas says**

David tells a lot about his personal story and mental barriers that he dealt with before and while starting to write his bestselling book Design for Hackers. It's an interesting read backed by stories of other famous people.

The essence for me on how to start is to build a habit with a small commitment, e.g. to write for about 10

minutes a day, which is used as a trick to your ego that leads to further time investment when you are getting into the flow. You have to reward yourself with tiny things afterwards to keep the motivation going. All in all these small commitments make you accomplish tiny goals towards your big goals. You should not underestimate yourself. Everybody has something unique to contribute for others. Sometimes it is just the mix of interests that will make you create something new, something worth sharing and helpful to others. Find the right balance between exploitation of what you already know and exploration. In this regard, David often reminds himself of the commencement speech of Steve Jobs that inspires him to this day. Your time should mostly be filled with exploration to find that one thing that makes your contribution unique.

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