



# Path of Least Resistance: Learning to Become the Creative Force in Your Own Life

*By Robert Fritz*

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## **Path of Least Resistance: Learning to Become the Creative Force in Your Own Life** By Robert Fritz

A revolutionary program for creating anything, from a functional kitchen to a computer program, to a work of art, Robert Fritz demonstrates that any of us has the innate power to create. Discover the steps of creating; the importance of creating what you truly love, how to focus on the creative process to move from where you are to where you want to be, and much more.

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### **Editorial Review**

From Library Journal

Using as analogy the scientific principle that energy follows the path of least resistance, the founder of the DMA seminars attempts an easily assimilated self-help book--a substantial revision of his 1984 best seller. He argues that just as wind moves around natural obstructions, seeking the path of least resistance, so do we attempt to move around the structures of our lives--getting by with as few hassles as possible. Fritz's advice is to modify the structures, enabling the creative energy within to flourish instead of dissipate. Initially, his focus is clear; but numerous citations of well-known psychologists and famous movers and shakers (Einstein, Henry Moore, etc.) grow tiresome as Fritz drones on, losing us in excess verbiage. Some valuable sections, but most will find this tedious. Not recommended.

- *Kevin M. Roddy, Oakland P.L., Cal.*

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From the Publisher

I first became acquainted with this excellent book just about 10 years ago and its fresh approach to catalyzing creativity in step-by-step processes is still helpful and insightful. Fritz's psychological approach to his subject is particularly interesting and helpful in the way he quantifies and makes concrete the different "technologies for creating" he explains.

Leslie Meredith

Executive Editor & Divisional Vice President

Ballantine Wellspring

From the Inside Flap

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**Vincent Olson:**

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