

Matt Conner: Most of us have two lives. The life we live and the unlive life within us. Welcome to The Resistance. A podcast featuring meaningful conversations that explore that very space between who we are and who we say we want to be. I'm your host, Matt Conner.

Matt Conner: Several years have passed since I first found the beauty of Steven Pressfield's writing. A friend of mine handed me a copy of his book, *The War of Art*. I've handed out several copies of my own in the years ever since. It's not that the book is known for its beautiful prose or brings up crazy ideas I'd never heard before. In stead, it's in Pressfield's ability to do something that I think is powerful for any of us. It's his ability to name something. When I talk about the power of naming, it could be something as dramatic as when the doctor finally gives a diagnosis for that thing that's plagued a person for so long. Or it's when someone else shares their story or experience and you say, "Me too. That's what I've been thinking. That's what I've been needing to hear." The power of naming something gives us an actual handle. It reduces our fears down to something that we can actually do something about.

Matt Conner: To start his book, Pressfield says that most of us have two lives. The life we live and the unlive life within us. Between the two is the resistance. Over the last fifteen-plus years as a freelance journalist, I've had the privilege to interview thousands of musicians and directors, authors and actors, and most of the time we end up in the deeper end of the conversational pool so to speak. What I find so compelling about this job is that no matter how many stories I've been assigned, the story I'm mostly telling is my own. As I'm sharing their details about resistance and fear and limitations, I'm facing my own. And when I'm describing the hope that they've found in overcoming their obstacles, I find my own as well.

Matt Conner: A few years ago I had the idea to put some of these conversations together in podcast form. Suddenly I felt a new level of resistance rise up. It was self doubt telling me that no one would care, that no one would listen, that all my fears were going to come true if I bothered to even put something out there in the first place. But the time has come. I believe that resistance should not have the last word and I'm hoping you feel the same. So I'm both nervous and quite excited to tell you that we have season one of *The Resistance* on the way. It's a collection of honest conversations with thoughtful artists about the forms of resistance that they face. My hope is that these shared stories will encourage, challenge and inspire you to face your own resistance in the same way they have for me.

Matt Conner: Stay tuned for upcoming episodes and subscribe now on iTunes. You can also find out more information at listentotheresistance.com.