



## The Path of Least Resistance

Learning to Become the Creative Force in Your Own Life

by Robert Fritz

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320 pages

### The Big Ideas

#### Structure --> Behavior

What does that mean?!?

#### Structural Conflict & Rubber Bands on a Wall

Eek! Going back & forth...

#### Structural Tension

The way to quit oscillating and start getting results!

#### Predominant Creative Force

Choose to be that.

#### Create your destiny.

Choices: Primary, Secondary & Fundamental

#### 1, 2, 3 (and 4, 5) of Creativity

Count with me!

#### What Do I Want?

Is there a more powerful question?

#### What Do You REALLY Want?

Come on. Be honest.

#### Souls & Compromises

They don't go together.

"The greatest leaders and statesmen in history have not been problem solvers. They have been builders. They have been creators."

~ Robert Fritz from *The Path of Least Resistance*

The theme of Robert Fritz' brilliant book, *The Path of Least Resistance* can be summed up in three words: "Structure determines behavior."

Like you, before reading the book I had no idea what the heck that meant. Nor did I have any idea what "structural conflict" vs. "structural tension" was all about—let alone why creating structural tension is the core attribute of creative genius.

As you gain an understanding of how structure determines behavior, you'll also gain a sense for why Fritz believes affirmations and willpower and all that other "positive thinking" stuff will never give you sustainable creative powers.

For that? We need a whole new structure.

So, let's get building!!

(Oh, and while we're at it, let's hit on some other key components of the creator's success, shall we?)

### ■ Structure Determines Behavior

Let's jump right in and get our arms (and brains) around this idea that structure determines behavior.

The easiest way to get it? Per Fritz: "The next time you're in a building, notice how the structure of the building determines your path through it."

If an elevator shaft is put in a certain place and a stairway somewhere else and a hallway here and a door there, unless you have some super powers that get you through walls and ceilings, you're BEHAVIOR (how you get to where you're going) will be determined by the STRUCTURE of the building.

Make sense?

The whole book is about the (very!) big idea that we have (very!) bad structures in our life and that until we learn how to create new ones, all the positive thinking in the world isn't going to help us create the sustainable results we're looking for.