



## Deep Work: Rules for Focused Success in a Distracted World

By Cal Newport



**Deep Work: Rules for Focused Success in a Distracted World** By Cal Newport

**One of the most valuable skills in our economy is becoming increasingly rare. If you master this skill, you'll achieve extraordinary results.**

Deep work is the ability to focus without distraction on a cognitively demanding task. It's a skill that allows you to quickly master complicated information and produce better results in less time. Deep work will make you better at what you do and provide the sense of true fulfillment that comes from craftsmanship. In short, deep work is like a super power in our increasingly competitive twenty-first century economy. And yet, most people have lost the ability to go deep—spending their days instead in a frantic blur of e-mail and social media, not even realizing there's a better way.

In DEEP WORK, author and professor Cal Newport flips the narrative on impact in a connected age. Instead of arguing distraction is bad, he instead celebrates the power of its opposite. Dividing this book into two parts, he first makes the case that in almost any profession, cultivating a deep work ethic will produce massive benefits. He then presents a rigorous training regimen, presented as a series of four "rules," for transforming your mind and habits to support this skill.

A mix of cultural criticism and actionable advice, DEEP WORK takes the reader on a journey through memorable stories -- from Carl Jung building a stone tower in the woods to focus his mind, to a social media pioneer buying a round-trip business class ticket to Tokyo to write a book free from distraction in the air -- and no-nonsense advice, such as the claim that most serious professionals should quit social media and that you should practice being bored. DEEP WORK is an indispensable guide to anyone seeking focused success in a distracted world.

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### Editorial Review

#### Review

"As a presence on the page, Newport is exceptional in the realm of self-help authors." *New York Times Book Review*

"DEEP WORK accomplishes two considerable tasks: One is putting out a wealth of concrete practices for the ambitious, without relying on gauzy clichés. The second is that Mr. Newport resists the corporate groupthink of constant connectivity without seeming like a curmudgeon." *Wall Street Journal*

"As automation and outsourcing reshape the workplace, what new skill do we need? The ability to do deep work. Cal Newport's exciting new book is an introduction and guide to the kind of intense concentration in a distraction-free environment that results in fast, powerful learning and performance. Think of it as calisthenics for your mind-and start your exercise program today." *Daniel H. Pink, author of Drive and To Sell Is Human*

"DEEP WORK makes a compelling case for cultivating intense focus, and offers immediately actionable steps for infusing more of it into our lives." *Adam M. Grant, author of Give and Take*

"Cal Newport is a clear voice in a sea of noise, bringing science and passion in equal measure. We don't need more clicks, more cats, and more emojis. We need brave work, work that happens when we refuse to avert our eyes." *Seth Godin, author of What to Do When It's Your Turn*

"Cal Newport offers the most well-informed and astute collection of practical advice I have seen for reclaiming one's mental powers." *Matthew B. Crawford, author of The World Beyond Your Head*

"Just when you think you already know this stuff, DEEP WORK hits you with surprisingly unique and useful insights. Rule #3 alone, with its discussion of the 'Any-Benefit' mind-set, is worth the price of this book." *Derek Sivers, founder, Sivers.org*

"Here lies a playbook for professionals of all stripes to achieve true differentiation in a crowded talent marketplace. Cal Newport's latest shows why he is one of the most provocative thinkers on the future of work." *Ben Casnocha, co-author of The Start-Up Of You*

"In this strong self-help book, Newport declares that the habits of modern professionals-checking email at all hours, rushing from meeting to meeting, and valuing multitasking above all else-only stand in the way of truly valuable work." *Publisher's Weekly*

"[A] worthwhile distraction." *Value Walk*

"Deep work is the killer app of the knowledge economy: it is only by concentrating intensely that you can master a difficult discipline or solve a demanding problem." *The Economist*

"This is a deep, not shallow, book which can enrich your life." *The Globe and Mail*

"A wonderfully entangled, intertwined, and erudite series of strategies, philosophies, disciplines, and

techniques to sharpen your focus and dive deep into your work."?800-CEO-READ

"DEEP WORK is now one of my all-time favorite books, and I'm not joking when I say it was a life-changing read for me. I think it can be for you too."?Brett McKay, author of *The Art of Manliness*

"What emerges most powerfully is the sense that it's wrong to think of deep work as one more thing you've got to try to cram into your schedule. Truly committing to it, Newport suggests, transforms the rest of your time - so you'll crank through shallow work faster, be more present in your home life, and eliminate time wasted switching between tasks. Depth, in short, isn't at odds with a full life - it facilitates it. I'm persuaded."?Oliver Burkeman, *The Guardian*

#### About the Author

Cal Newport, Ph.D., lives in Washington, DC, where he is a writer and an assistant professor of computer science at Georgetown University. He also runs the popular website Study Hacks: Decoding Patterns of Success. This is his fifth book.

### Users Review

#### From reader reviews:

##### Shawna Vaughn:

Why don't make it to become your habit? Right now, try to ready your time to do the important behave, like looking for your favorite publication and reading a reserve. Beside you can solve your short lived problem; you can add your knowledge by the book entitled Deep Work: Rules for Focused Success in a Distracted World. Try to face the book Deep Work: Rules for Focused Success in a Distracted World as your good friend. It means that it can being your friend when you really feel alone and beside associated with course make you smarter than before. Yeah, it is very fortunated in your case. The book makes you far more confidence because you can know every little thing by the book. So , let us make new experience and also knowledge with this book.

##### Lisa Marsh:

The book Deep Work: Rules for Focused Success in a Distracted World can give more knowledge and information about everything you want. Exactly why must we leave the great thing like a book Deep Work: Rules for Focused Success in a Distracted World? A few of you have a different opinion about reserve. But one aim in which book can give many facts for us. It is absolutely correct. Right now, try to closer together with your book. Knowledge or info that you take for that, it is possible to give for each other; you are able to share all of these. Book Deep Work: Rules for Focused Success in a Distracted World has simple shape however you know: it has great and massive function for you. You can appear the enormous world by wide open and read a guide. So it is very wonderful.

##### David Russell:

Now a day individuals who Living in the era wherever everything reachable by interact with the internet and the resources included can be true or not call for people to be aware of each information they get. How many people to be smart in having any information nowadays? Of course the reply is reading a book. Studying a

book can help men and women out of this uncertainty Information particularly this Deep Work: Rules for Focused Success in a Distracted World book because this book offers you rich information and knowledge. Of course the knowledge in this book hundred percent guarantees there is no doubt in it you may already know.

**Ernest Bryan:**

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