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work: Identify

Location and time to
do deep work.

Adhere to rules and

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process to deep work.
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fundamentals: Focus
unimportant things,
Act on measures,
Keep a scorecard,
Create accountability.
Embrace
Boredom: Don't take
break from
distraction. Instead
take breaks from
Focus. Schedule your
internet usage.

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Deep Work (Rules for
Success In A
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If you agree that the
most value you can
create is done when
you laser focus in on
one task, then Cal
Newport's Deep Work
has some rules for
you. Rule #1:
Embrace Deep Work.

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Stick to a routine and
create rituals. Work in
focused
the same place, at the
Success In A
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same clothes with the
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Set rules for diving
into your deep work.
For example, when
focused on deep
work, you close your
office door and turn
your phone off until

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it's time for a break.

Work in an
environment that's
distraction-free and
comfortable —

Don't park at a busy
coffee shop with the
intention of getting
deep work done.

Determine how long
you want your deep
work session to be.

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Stay Focused
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Act on measures,

Keep a scorecard,

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productivity. Cal
argues the best way
to get more
meaningful work
done is by working
deeply – working in
a state of high
concentration
without distractions

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“Deep Work: Rules for Focused Success in a Distracted World” by Cal Newport, published January 2016. Cal Newport might change your life.. In my case, he shifted how I should think about my career after

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focusing without
distraction on cogniti
vely-demanding
tasks. It ' s vital for
mastering hard

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things and delivering
high-value outcomes.
Focused
In this Deep Work
Success In A
summary, we 'll
Distraction
explain why deep
World Cal
work is important
and outline the rules
and strategies for
deep work.

Book Summary -
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Deep Work: Rules for
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Since most people at
the expert level
cannot do more than
4 hours of true deep,
focused work in a
day, this still leaves
many hours for

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shallow work. However, if left unchecked, the shallow work tends to overrun its boundaries and impinge on the deep work time. To keep the shallows from taking over, he makes several recommendations.

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TLDR Book Review:

Deep Work - Rules for
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Distracted World is
based on what the

Cal Newport calls his
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Hypothesis: “ The
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you what is in the

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book. Indeed, there are many distractions in our everyday lives. Sometimes we do not recognize the distractions and we may not fully realize how even the minor distractions pull us away from our best work.

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Cal Newport the
author of Deep Work
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says: If you don ' t
produce, you won ' t
thrive – no matter
how skilled or
talented you are If
you want to become
more efficient and

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