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Grand Central Publishing, Hachette Book
Group Publication Date: January 5, 2016

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makes people less productive. Without a doubt,... Without distractions. This makes intuitive sense. You get more work done when you're not constantly interrupted by... Intense focus. If you can put all of your energy on the ...

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Cal Newport the author of Deep Work Rules for Focused Success in a Distracted World 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 get more things done in a less stressed way then you need some deep work training.

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Cal Newport's book, Deep Work: Rules for Focused Success in a Distracted World, has been a book of focus on a

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number of podcasts that I have listened to. Newport has also appeared in The Chronicle Review with his article, “ Is Email Making Professors Stupid?

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Deep Work: Rules for Focused Success in a Distracted World Cal Newport Read the

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Wall Street Journal Bestseller for "cultivating intense focus" for fast, powerful performance results for achieving success and true meaning in one's professional life (Adam Grant, author of Give and Take).

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Rule #4: Drain the Shallows. Other Important takeaways from the book. Focusing on one important task at a time- that'll advance your position is true and pure deep work. Deep work is a skill that allows you to quickly master complicated information and produce better results in less time.

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Deep Work: Rules for Focused Success in a Distracted World is based on what the Cal Newport calls his Deep Work Hypothesis: "The ability to perform deep work is becoming increasingly rare at exactly the same time it is becoming increasingly valuable in our economy.

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Part 2 The Rules. Rule #1 Work Deeply

95. Rule #2 Embrace Boredom 155. Rule

#3 Quit Social Media 181. Rule #4 Drain

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Deep Work: Rules for Focused Success in
a Distract The title tells you what is in
the book. Indeed, there are many
distractions in our everyday lives.

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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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About the author (2016) Cal Newport,
Ph.D., lives in Washington, DC, where he
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University. He is the author of SO GOOD
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