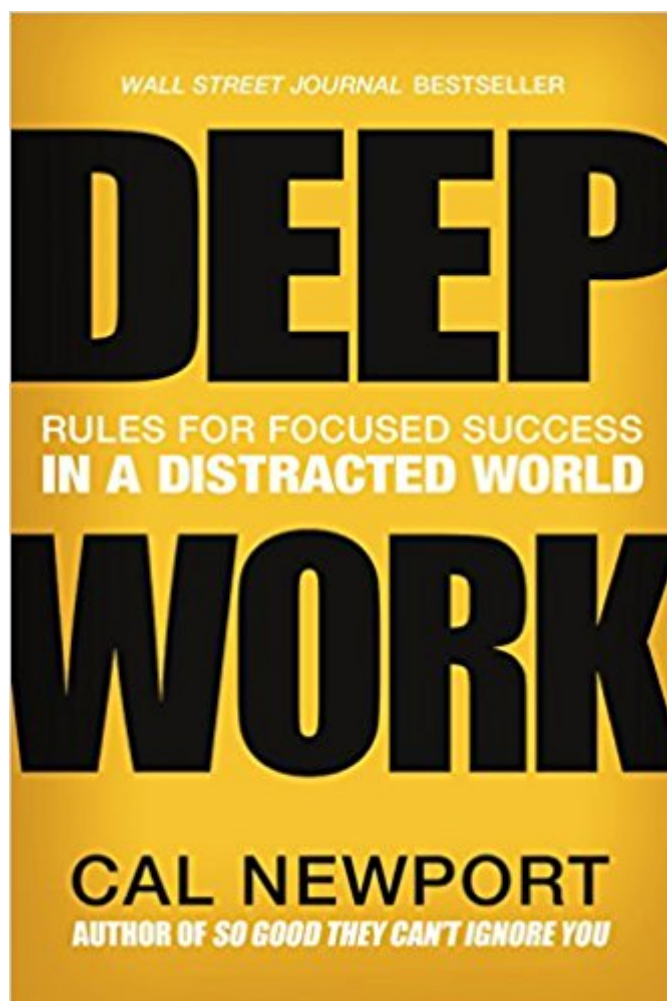


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# Deep Work: Rules For Focused Success In A Distracted World



## Synopsis

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.

## Customer Reviews

"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

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DEEP HEALING SLEEP CD: Deep Relaxation, Guided Imagery Meditation and Affirmations Proven to Help Induce Deep, Restful Sleep  
The Distracted Mind: Ancient Brains in a High-Tech World (MIT Press)  
Three Jack Reacher Novellas (with bonus Jack Reacher's Rules): Deep Down, Second Son, High Heat, and Jack Reacher's Rules  
Superparenting for ADD: An Innovative

Approach to Raising Your Distracted Child  
Distracted Driving Epidemic  
Distracted: How Regulations Are Destroying the Practice of Medicine and Preventing True Health-Care Reform  
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