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Ask the Author: Cal Newport | Author of 'Deep Work' and 'Digital  
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## Deep Work By Cal Newport

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

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“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.

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## Deep Work - Cal Newport

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,

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and more emojis.

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

Cal Newport is an Associate Professor of Computer Science at Georgetown University, and the author most recently of Deep Work, a book which argues that focus is the new I.Q. in the modern workplace, and So Good They Can't Ignore You, a book which debunks the long-held belief that "follow your passion" is good advice.

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

Deep work is made up of professional activities performed in a state

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of distraction-free concentration that push your cognitive abilities to their limit. These efforts create new value, improve your skill and are hard to replicate (similar in concept to purposeful practice); and

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### Deep Work Summary - Cal Newport - The Art of Living

'Deep work' is the ability to focus without distraction on a cognitively demanding task. Coined by author and professor Cal Newport on his popular blog Study Hacks, deep work will make you better at what you do, let you achieve more in less time and provide the sense of true fulfilment that comes from the mastery of a skill.

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Deep Work by Cal Newport | Waterstones

Deep work is focused, uninterrupted, undistracted work on a task that pushes your cognitive abilities to their limit. The best ideas and the most meaningful progress come from deep work, not shallow work. Shallow work answers emails, produces reports, and flits from meeting to meeting.

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Deep Work Book Summary by Cal Newport - Shortform

“Deep work” is the ability to focus without distraction on a cognitively demanding task. Coined by author and professor Cal Newport on his popular blog Study Hacks, deep work will make you better at what you do, let you achieve more in less time and provide the sense of true fulfilment that comes from the mastery of



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Deep Work 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 I read So Good They Can't Ignore You. I read the...

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5 Practices from Deep Work by Cal Newport That'll Change ...  
ABOUT CAL NEWPORT I'm a computer science professor at Georgetown University who studies the theory of distributed systems. In addition to my academic work, I write about the

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intersection of technology and culture.

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Cal Newport - Author of Deep Work, Study Hacks Blog  
Work and the Deep Life April 5th, 2020 · 23 comments. One of the key elements of my deep life philosophy is its emphasis on craft. This topic applies to both professional and leisure pursuits, but in this post, I want to focus on the former. ... About Cal Newport.

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Work and the Deep Life - Study Hacks - Cal Newport  
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.

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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.

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

Cal Newport is a professor of computer science at Georgetown University, a blogger, and the author of six different self-improvement books. And he's only 37 years old. He says key to his productivity and success is his ability to do Deep Work—to lock in on intense periods of focused work for long stretches of a time.

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Deep Work by Cal Newport - Book Review (Everyday Power)

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More From Cal Newport Newport is a computer science professor and the New York Times bestselling author of Digital Minimalism and Deep Work . His books have been published in over 30 languages, and his articles on technology, culture, and productivity have appeared in the New Yorker , WIRED , and the New York Times .

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## Cal Newport

Deep Work: Professional activities performed in a state of distraction-free concentration that push your cognitive capabilities to their limit. These efforts create new value, improve your skill, and are hard to replicate. Deep work is absolutely necessary to get your best creative output.

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Deep Work by Cal Newport: Summary, Notes and Lessons - Nat ...

Cal Newport is a computer science professor and the New York Times bestselling author of Digital Minimalism and Deep Work. He writes about technology and the way it can both support and impede our efforts to live more meaningful, productive lives. In this podcast, he answers questions from his readers about work, technology, and the deep life.

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Deep Questions with Cal Newport on Apple Podcasts

Newport coined the term "deep work," in his book *Deep Work: Rules for Focused Success in a Distracted World* (2016) which

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refers to studying for focused chunks of time without distractions such as email and social media. In 2017, he began advocating for "digital minimalism." He runs the podcast Deep Questions. Books. How to Win at College (2005)

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## Cal Newport - Wikipedia

Cal Newport describes Deep Work as: "Professional activities performed in a state of distraction-free concentration that push your cognitive capabilities to their limit. These efforts create new value, improve your skill, and are hard to replicate."

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