

Deep Work

Cal Newport

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Chapter 1: Deep Work Is Valuable

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Chapter 1: Deep Work Is Valuable

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Chapter 1: Deep Work Is Valuable

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Chapter 1: Deep Work Is Valuable
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Chapter 2: Deep Work Is Rare
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Part 2: The Rules

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Rule #1: Work Deeply
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Rule #1: Work Deeply

Decide on Your Depth Philosophy

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Decide on Your Depth Philosophy

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Ritualize

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Rule #1: Work Deeply

Ritualize

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Ritualize

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Ritualize

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Rule #1: Work Deeply
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Rule #1: Work Deeply
Execute Like a Business

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Rule #1: Work Deeply

Execute Like a Business

Discipline #1: Focus on the Wildly Important

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Rule #1: Work Deeply

Execute Like a Business

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Execute Like a Business

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Be Lazy

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Rule #1: Work Deeply
Be Lazy

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Rule #1: Work Deeply
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Rule #1: Work Deeply

Be Lazy

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Rule #2: Embrace Boredom

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Rule #2: Embrace Boredom

Don't Take Breaks from Distraction. Instead Take
Breaks from Focus.

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Rule #2: Embrace Boredom
Work Like Teddy Roosevelt

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Rule #2: Embrace Boredom
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Rule #2: Embrace Boredom
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Apply the Law of the Vital Few to Your Internet
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Rule #3: Quit Social Media
Quit Social Media

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Rule #3: Quit Social Media

Don't Use the Internet to Entertain Yourself

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Rule #4: Drain the Shallows

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Rule #4: Drain the Shallows
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Rule #4: Drain the Shallows
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Rule #4: Drain the Shallows

Ask Your Boss for a Shallow Work Budget

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Rule #4: Drain the Shallows
Finish Your Work by Five Thirty

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Rule #4: Drain the Shallows
Become Hard to Reach

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Rule #4: Drain the Shallows
Become Hard to Reach

Tip #1: Make People Who Send You E-mail Do More
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Part 2: The Rules

Rule #4: Drain the Shallows
Become Hard to Reach

Tip #2: Do More Work When You Send or Reply to
E-mails

Part 2: The Rules

Rule #4: Drain the Shallows
Become Hard to Reach
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Conclusion