



Summary of Deep Work: by Cal Newport | Includes Analysis

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Preview:

Deep Work describes a method of engaging with one's professional efforts in a full and immersive manner to produce better results. This type of focused effort does not require longer hours. Instead, a seasoned practitioner can accomplish more in a shorter time frame. Furthermore, the product of this working style will be of a higher quality than what others produce when they attempt to work while succumbing to the noise of distractions around them, particularly those related to technological overload.

Today's work culture rewards people who are frequently busy and responsive to email throughout all hours of the day and night. However, these people are least likely to produce at the high quality that can only be created by engaging in deep work...

PLEASE NOTE: This is summary and analysis of the book and NOT the original book.

Inside this Instaread Summary of Deep Work:

Overview of the book

Important People

Key Takeaways

Analysis of Key Takeaways

About the Author

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