



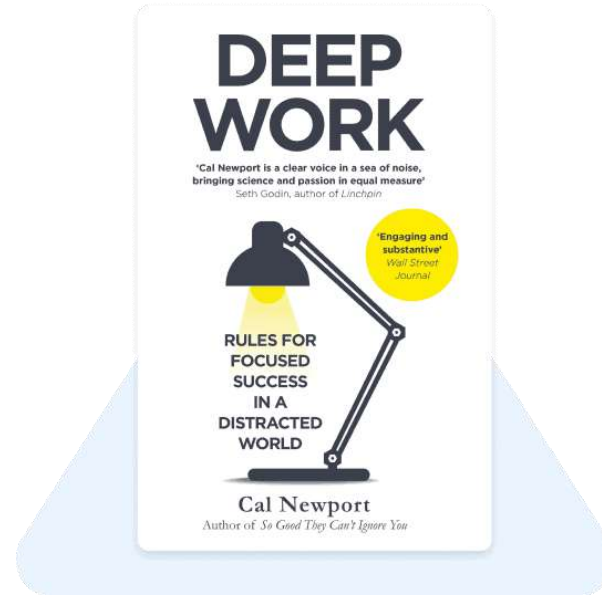
DEEP WORK

by CAL NEWPORT

The 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. As a consequence, the few who cultivate this skill, and then make it core of their working life, **strive**.

About the book:

1. Number of pages- 275
2. Moderate level difficulty in Reading
3. A must read for working professionals



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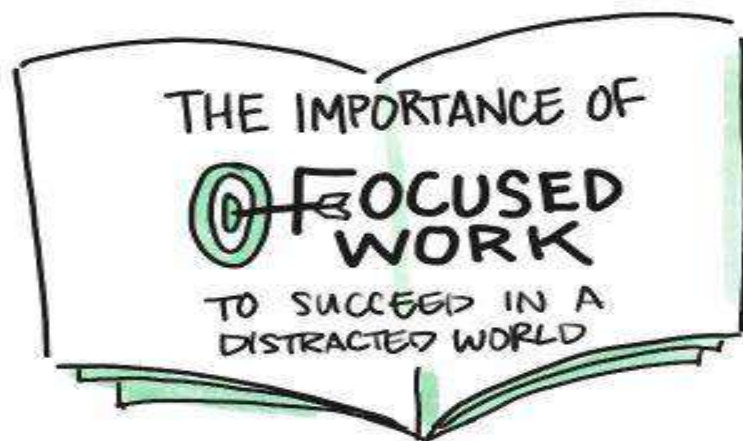
About the Author:

1. Ph.D. in Computer Science-MIT
2. Pioneer to Advocate for "Digital Minimalism"
3. Coined the term -hyperactive hive mind
4. www.calnewport.com – study hacks



DEEP WORK

RULES FOR FOCUSED SUCCESS
IN A DISTRACTED WORLD



CAL NEWPORT

- 5 SELF HELP BOOKS
- "STUDY HACKS" BLOG

TWO TYPES OF WORK:

SHALLOW WORK



ONLY NEEDS A
LITTLE TIME
AND FOCUS

DEEP WORK

FOCUS ON ONE THING,
FREE OF DISTRACTIONS.



FAMOUS EXAMPLE:

BILL GATES "THINK WEEKS"

ISOLATE HIMSELF



DO NOTHING BUT
READ AND THINK
BIG THOUGHTS



ANOTHER EXAMPLE:



ISOLATE SELF
TO WRITE A BOOK
THAT WILL IMPACT
THOUSANDS

OR



SPLIT FOCUS AND
CONTRIBUTE NO
LONG-TERM OR
HIGH-VALUE WORK

WHAT'S WRONG WITH SHALLOW WORK?

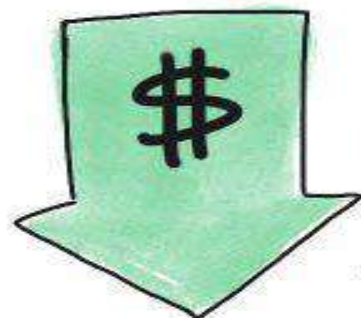
ANYONE CAN DO IT

WHAT'S WORSE...

THE MORE
SHALLOW
WORK



FORGET
HOW TO DO
DEEP WORK



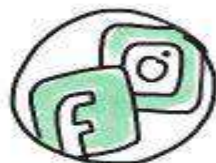
LOW VALUE &
COMMODITIZED



TECHNOLOGY



NETWORKING



SOCIAL MEDIA

FRAGMENTED
ATTENTION

CONFINED SELVES:



BUSY = PRODUCTIVE

DEEP WORK:

CREATE VALUE



IMPROVE SKILLS



THE BIG IDEA:

INCREASING

DISTRACTION

AND
FOCUS
ON



CREATES
OPPORTUNITIES

FOR THOSE
CAPABLE OF
DEEP WORK



CAN GET



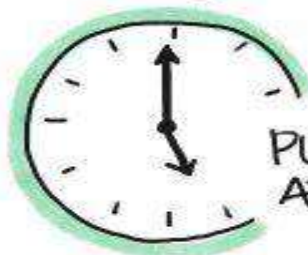
THOSE WHO CAN
MASTER THEIR
FOCUS

HIGHER QUALITY
OUTPUT IN
LESS TIME

FREES THEM TO STAY AHEAD
OF THE COMPETITION

WHAT CAN WE DO ABOUT IT?

ACTIVELY TRAIN OURSELVES



PUT FOCUSED, UNINTERRUPTED WORK
AT THE CORE OF WHAT WE DO

MAYBE THAT MEANS...

DISCONNECTING
ONCE OR TWICE A YEAR



ALLOCATING A WINDOW
TO RESPOND TO EMAILS

LIMITING ACCESS
TO SOCIAL MEDIA



THESE ARE ALL DISTRACTIONS FROM
TRULY VALUABLE WORK

UNFORTUNATELY...

BUSINESS

(SHALLOW WORK) IS USED AS A PROXY FOR
PRODUCTIVITY
IN THE BUSINESS WORLD.



MORE EMAILS

+



MORE MEETINGS

=



MORE PRODUCTIVITY

DEEP WORK



STRETCHES
YOUR MIND



GIVES MEANING
TO YOUR LIFE



MORE VALUABLE
AS IT BECOMES
SCARCE



DEEP WORK IS QUICKLY BECOMING THE
SUPER POWER OF THE 21ST CENTURY!

FAVOURITE PARAGRAPH IN THE BOOK: (pg- 259)

In the winter of 1974, a young Harvard student named Bill Gates sees the Altair, the world's first personal computer, on the cover of Popular Electronics. Gates realizes that here's an opportunity to design software for the machine, so he drops everything and with the help of Paul Allen and Monte Davidoff spends the next eight weeks hacking together a version of the BASIC programming language for the Altair. Gates worked with such intensity for such lengths during this two-month stretch that he would often collapse into sleep on his keyboard in the middle of writing a line of code. He would then sleep for an hour or two, wake up, and pick up right where he left off- an ability that a still-impressed Paul Allen describes as "prodigious feat of concentration." The one trait that differentiated [Gates from Allen] was focus. Allen's mind would flit between many ideas and passions, but Gates was a serial obsessor."

A commitment to deep work is thus not a moral stance and it's not a philosophical statement- it is instead a pragmatic recognition that Deep Work is important, not because distraction is evil, but because it enabled Bill Gates to start a billion dollar industry in less than a semester.



Thank you

Presented by: Ms Priya Nishant

