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# Deep Work Rules For Focused Success In A Distracted World By Cal Newport

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May 25th, 2020 - the author claims that deep work is very important for any task that requires a deep level of cognitive thinking in the first part of the book the benefits of deep work are described a lot of anecdotal evidence is presented showing how some people who have deliberately removed distractions from their workplace have made enormous progress towards the this is an engaging short book about"*deep work rules for focused success in a distracted world* by cal newport book summary

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May 12th, 2020 - deep work was first coined by cal newport a puter science professor at geetown university in a 2012 blog post 1 he went on to expand upon this idea in his 2016 bestselling book appropriately titled *deep work rules for focused success in a distracted world* what exactly is deep work"*deep work 7 rules for focused success 138*

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