

Deep Work Cal Newport

Wolfgang Guggemos

The Deep Life: Some Notes - Cal Newport Mar 17, 2020 · So there it is: a short summary of the underlying philosophy that gives rise to so much that I end up writing about, from the zen valedictorian, to career capital, to deep work, to ...

Author of Deep Work, Study Hacks Blog - Cal Newport Official website of Georgetown Professor Cal Newport, author of the Study Hacks blog, Deep Work, and other New York Times bestselling books. *Deep Habits: The Danger of Pseudo-Depth - Cal Newport* Dec 12, 2015 · A difficulty I've faced in promoting the practice of deep work is that many people think they engage in this activity regularly (and don't get much out of it), even though what ...

Knowledge Workers are Bad at Working (and Here's What Nov 21, 2012 · A working life dedicated to deep work, in other words, is a working life well-lived (a point I argue in detail in Rules 1 and 2 of my book). The question, therefore, is how to integrate ...

On Deep Breaks - Cal Newport Sep 14, 2016 · After last week's post on attention residue, multiple readers have asked about taking breaks during deep work sessions. These questions highlight an apparent tension.

Drastically Reduce Stress with a Work Shutdown Ritual - Cal ... Jun 8, 2009 · Here's what happens, without exception, at the end of my normal work day. First, I make sure my master task lists are up to date. During the day I tend to collect todos in a text ...

Podcasts & Videos - Cal Newport's Audio & Video Content In 2020, Cal launched a podcast called Deep Questions with Cal Newport. On this show, he answers questions and shares case studies from his readers on all topics relevant to the quest ...

Deep Work and the Good Life - Cal Newport Aug 14, 2013 · This lesson is important. We should not treat deep work as just another scheduled task to check off our Allen-esque lists. It should be made, instead, the center of our efforts to ...

The Book Facebook Doesn't Want You to Read - Cal Newport Jan 5, 2016 · The book argues that deep work (focusing without distraction on a cognitively demanding task) is becoming more valuable in our economy at the same time that it's ...

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