

The Art of Deep Work

by Cal Newport

A Guide to Focused Success

Chapter 1: Deep Work is Valuable

Deep work is the ability to focus without distraction on a cognitively demanding task. It's a skill that allows you to quickly master complicated information and produce better results in less time. Deep work will make you better at what you do and provide the sense of true fulfillment that comes from craftsmanship.

In an age of network tools and constant connectivity, 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 will thrive.

The key insight is that knowledge workers are increasingly subject to the same competitive pressures that have long affected skilled laborers. If you can create something useful, its reachable audience is essentially limitless.

To succeed you have to produce the absolute best stuff you're capable of producing - a task that requires depth. The growing necessity of deep work is new. In an industrial economy, there was a clear distinction between skilled work and unskilled work.