

# Why the ability to concentrate keeps getting more valuable

Upcoming episode

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Why has it become so hard to concentrate on one thing – and why does it pay so well for those who manage it? A walk through the ideas in Cal Newport's Deep Work: deep versus shallow, the four rhythms, and what is disputed.

## THE BOOK THIS EPISODE IS ABOUT

### **Deep Work – Cal Newport**

2016

## MAIN TOPICS

- Deep work versus shallow work
- Why deep work is getting rarer and more valuable at the same time
- The four ways to structure deep work
- Routines and rituals that make starting easier
- Learning to tolerate boredom
- The craftsman's view of social media
- Draining the shallows
- The criticism of the book

## QUESTIONS THIS EPISODE ANSWERS

- What is deep work?
- Why has concentration become so valuable?
- How do you structure a working day for deep work?
- Why does being bored matter?
- Should you quit social media?
- Does Deep Work suit every kind of job?

## KEY POINTS

- Deep work is concentrated effort without distraction on something hard. Most of the working day is not that.
- The ability is getting rarer because we train ourselves in the opposite, and more valuable for the same reason.
- There is no single correct rhythm. There are four, and you pick the one that fits your life.
- Concentration is a trainable skill – partly by not filling every pause with a screen.
- The book suits people who control their own time. Not everyone does.

## SOURCES AND REFERENCES

- Cal Newport – Deep Work (2016)

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