# Contents

Introduction 1

PART 1: The Idea

Chapter 1: Deep Work Is Valuable 21
Chapter 2: Deep Work Is Rare 49
Chapter 3: Deep Work Is Meaningful 72

PART 2: The Rules

Rule #1: Work Deeply 95
Rule #2: Embrace Boredom 155
Rule #3: Quit Social Media 181
Rule #4: Drain the Shallows 215

Conclusion 257
Notes 265
Index 289