

Deep Work

The book behind the episode, and the studies, records and talks that back up its stories, so you can go deeper and check for yourself.

THE BOOK

Deep Work: Rules for Focused Success in a Distracted World

Cal Newport · Grand Central Publishing, Hardcover, 2016, ISBN 9781455586691. First published 2016.

<https://calnewport.com/books/deep-work/>

STUDIES, RECORDS & FURTHER READING

1 Cal Newport, books (Deep Work)

Cal Newport (official site) · reference

SUPPORTS Author-official page; lists Deep Work as having sold more than 1,500,000 copies.

<https://calnewport.com/books/deep-work/>

2 Carl Jung's Fantastical Retreat

Cal Newport, Study Hacks blog · 2020 · article

SUPPORTS Newport on opening the book with Jung's tower at Bollingen, where Jung went to think deeply.

<https://calnewport.com/carl-jungs-fantastical-retreat/>

3 Bollingen Tower

Wikipedia · reference

SUPPORTS Jung bought the land in 1922 and built the round stone tower in 1923 on Lake Zurich's upper lake.

https://en.wikipedia.org/wiki/Bollingen_Tower

4 Cal Newport

Wikipedia · reference

SUPPORTS Author background and the idea of deep work; his view that social media is not needed for career capital.

https://en.wikipedia.org/wiki/Cal_Newport

5 Something Called 'Attention Residue' Is Ruining Your Concentration

The Cut (New York magazine) · 2016 · article

SUPPORTS Sophie Leroy's 2009 research on attention residue, as Newport uses it.

<https://www.thecut.com/2016/01/attention-residue-is-ruining-your-concentration.html>

6 Knuth versus Email

Donald Knuth (personal page) · primary source

SUPPORTS Knuth has had no email address since 1 January 1990, to protect long hours of concentration.

<https://www-cs-faculty.stanford.edu/~knuth/email.html>

7 Deep Work: reading notes

The Libarynth · notes

SUPPORTS Chapter-by-chapter notes: deep vs shallow work, the four scheduling philosophies, rituals, the shutdown ritual, Embrace Boredom, the craftsman approach, scheduling every minute.

https://libarynth.org/deep_work

Every link was opened and checked on 12 October 2026. Websites change; if a link has moved, search for the title. Items marked “not verified” could not be confirmed online. Independent summary of the book’s key ideas, in our own words. Not affiliated with the author or publisher.