

**Work**

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This fact is referred to as the Work-Energy Principle and is often a very useful tool in mechanics problem solving. It is derivable from conservation of energy and the application of the relationships for work and energy, so it is not independent of the conservation laws. It is in fact a specific application of conservation of energy. However, there are so many mechanical problems which are solved efficiently by applying this principle that it merits separate attention as a working principle. For a straight-line collision, the net work done is equal to the average force of impact times the distance traveled during the impact. Average impact force  $\times$  distance traveled = change in kinetic energy If a moving object is stopped by a collision, extending the stopping distance will reduce the average impact force. The rate of doing work is equal to the rate of using energy since that force transfers one unit of energy when it does one unit of work. A horsepower is equivalent to 550 ft lb/s, and a kilowatt is 1000 watts. Instagram Twitter Facebook "As a presence on this page, Newport is exceptional in the realm of self-help authors." *New York Times Book Review* "DEEP WORK accomplishes two considerable things. One is putting out a series of concrete practical tools for the ambitious, without relying on gassy clichés. The second is that Mr. Newport rests the corporate growthhink of constant connectivity with a simple, likeable, and useful "Wall Street Journal"-like new skill: do less. The ability to do deep work. Cal Newport's latest book is an introduction and guide to the kind of intense focus needed in a distraction-free environment. It includes facts, powerful lessons, and performance. Think of it as calisthenics for your mind—and start your exercise program today." *Daniel H. Pink*, author of *Drive* and *When*"DEEP WORK makes a compelling case for cultivating intense focus, and offers immediately actionable steps for infusing more of it into our lives." *Seth Godin*, author of *This Is Marketing* and *The Practice*"Cal Newport offers the most well-informed and astute collection of practical advice I have seen for reclaiming one's mental powers." *Matthew B. Crawford*, author of *The World Beyond Your Head* and *Why We Drive*"Just when you think you already know this stuff, DEEP WORK hits you with surprisingly unique and useful insights. Rule #3 alone, with its discussion of the 'Any-Benefit' mind-set, is worth the price of this book." *Derek Sivers*, founder, *Sivers.org*"Here lies a playbook for professionals of all stripes to achieve true differentiation in a crowded talent marketplace. Cal Newport's latest shows why he is one of the most provocative thinkers on the future of work." *Bret Casnocha*, co-author of *The Start-Up Of You*"Deep work is the killer app of the knowledge economy; it is only by concentrating intensely that you can master a difficult discipline or solve a demanding problem." *The Economist*"This is a deep, not shallow, book which can enrich your life." *The Globe and Mail*"In this strong self-help book, Newport declares that the habits of modern professionals—checking email at all hours, rushing from meeting to meeting, and valuing multitasking above all else—only stand in the way of truly valuable work." *Publisher's Weekly*"[A] worthwhile distraction." *ValueWalk*"A wonderfully entangled, intertwined, and erudite series of strategies, philosophies, disciplines, and techniques to sharpen your focus and dive deep into your work." *800-CEO-READ*"DEEP WORK is now one of my all-time favorite books, and I'm not joking when I say it was a life-changing read for me. I think it can be for you too." *Brett McKay*, author of *The Art of Manliness*"What emerges most powerfully is the sense that it's wrong to think of deep work as one more thing you've got to try to cram into your schedule. Truly committing to it, Newport suggests, transforms the rest of your time—so you'll crank through shallow work faster, be more present in your home life, and eliminate time wasted switching between tasks. Depth, in short, isn't at odds with a full life—it facilitates it. I'm persuaded." *Oliver Burkeman*, *The Guardian* Cal Newport is a computer science professor at Georgetown University and a New York Times bestselling author of seven books, including, *A World Without Email*, *Digital Minimalism*, *So Good They Can't Ignore You*, and *Deep Work*, which have been published in over 35 languages. He is a regular contributor to the *New Yorker*, the *New York Times*, and *WIRED*, a frequent guest on NPR, and the host of the popular Deep Questions podcast.





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