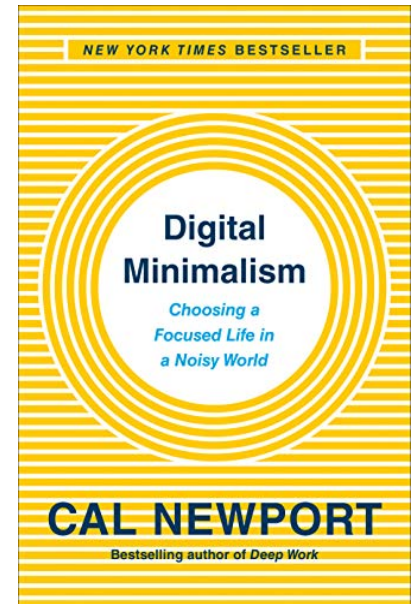


Digital Minimalism Book Summary (PDF) by Cal Newport

Ready to learn the most important takeaways from Digital Minimalism in less than two minutes? Keep reading!



Why This Book Matters:

Digital Minimalism explains how we waste time and energy with electronic clutter, and how we can live better with less digital interruptions in our lives.

The Big Takeaways:

- 1. Social media can do more harm than good.**
 1. If You may often feel drained by the compulsion to check emails, text messages, “likes,” etc.
- 2. Cutting back not only means turn off those annoying notifications, but downloading fewer apps in the first place.**
 1. If an app does not benefit your career, uninstall it.
- 3. Consider closing your social media accounts.**
 1. It may seem brash at first, but many who have disconnected have reported higher productivity,

more enjoyment in life, and the ability to achieve more success.

4. Follow three principles by the Amish and Henry David Thoreau.

1. Ask yourself: “Is this worth it?” “Will this benefit me?” and “Does this support what I believe?”

5. Do a deep-cleaning of the digital clutter.

1. Remove all nonessential digital media for 30 days and replace it with high-quality “real-life” activities. Note the difference in your mental, physical, and emotional well-being.

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