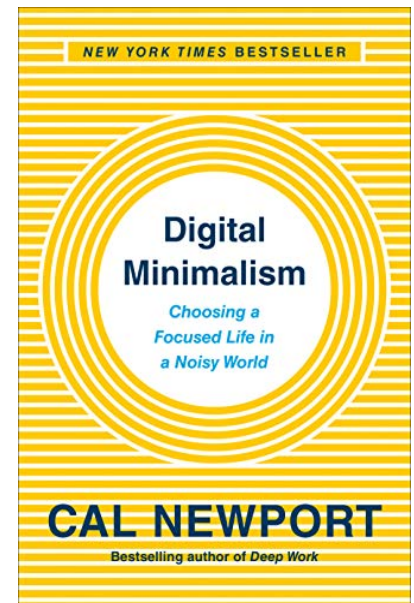# Digital Minimalism Book Summary (PDF) by Cal Newport

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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2. **Buy The Book on Amazon**
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