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"Digital Minimalism" is more narrowly focused on those, essentially, with digital addiction. Perhaps because my phone use is very limited as it is, I didn't find the text was very relevant to me. Where I was hoping for a thorough philosophical evaluation of technology's role in our lives - instead Newport offers a very practical and utilitarian ...

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I bought Digital Minimalism: Choosing A Focused Life in A Noisy World by Cal Newport because I liked his last book, Deep Work. Newport is on the Computer Science faculty at Georgetown University. He studies and writes about the impact of technology on society.

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