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Slow Productivity Audiobook Guide

EFFICIENCY WITHOUT OVERLOAD: THE FORGOTTEN ART OF WORKING WITHOUT BURNOUT
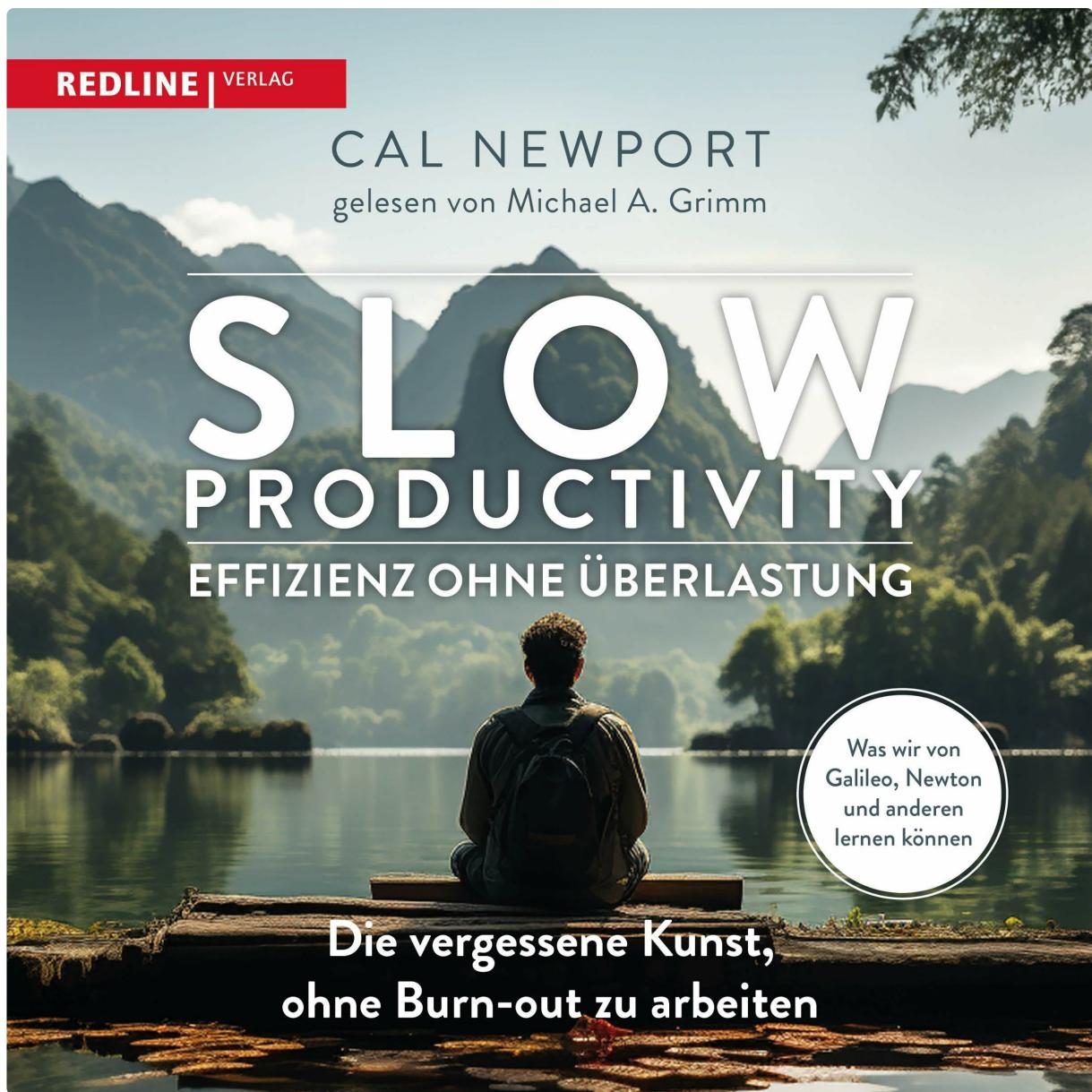
This image displays the cover art for the 'Slow Productivity' audiobook. It features a serene landscape with a person sitting on a wooden dock, looking out over a calm lake surrounded by mountains. The title 'SLOW PRODUCTIVITY' is prominently displayed, along with the author's name, Cal Newport, and the subtitle 'EFFIZIENZ OHNE ÜBERLASTUNG'

Introduction

Welcome to the guide for *Slow Productivity – Effizienz ohne Überlastung: Die vergessene Kunst, ohne Burn-out zu arbeiten*, an insightful audiobook by bestselling author Cal Newport. This guide provides an overview of the audiobook's core concepts and practical information for an optimal listening experience. Newport presents a fresh perspective on productive and sustainable work, demonstrating how to achieve it without overload, rush, or burnout. Drawing from the work habits of renowned thinkers, he articulates his philosophy of 'Slow Productivity,' a sustainable alternative to the overwhelming demands of modern times. This inspiring audiobook is for anyone who wishes to accomplish their work efficiently and without haste.

Key Principles of Slow Productivity

The audiobook delves into three fundamental principles that form the basis of Cal Newport's 'Slow Productivity' philosophy:

- **Do Less:** This principle advocates for focusing on a limited number of high-impact projects rather than spreading oneself thin across numerous tasks. It emphasizes deep work and strategic prioritization.
- **Work at a Natural Pace:** Newport suggests aligning your work rhythm with your natural energy cycles and avoiding artificial urgency. This means respecting your capacity and avoiding constant rushing, leading to more sustainable output.
- **Prioritize Quality:** The focus shifts from merely completing tasks to ensuring the excellence of your output. By concentrating on quality, you inherently reduce the need for frantic activity and foster a more deliberate approach to your work.

Accessing Your Audiobook

To begin listening to *Slow Productivity*, follow these general steps:

1. **Download the Audible App:** Ensure you have the official Audible application installed on your smartphone, tablet, or compatible device.
2. **Log In:** Use your Amazon account credentials to log into the Audible app.
3. **Locate Your Library:** Navigate to your 'Library' section within the app. Your purchased audiobook, *Slow Productivity*, should be listed there.
4. **Download the Audiobook:** Tap on the audiobook cover to initiate the download. Ensure you have a stable internet connection.
5. **Start Listening:** Once downloaded, you can begin playback.

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- **Playback Speed:** Adjust the narration speed to your preference (e.g., 0.75x, 1x, 1.25x, 1.5x, etc.).
- **Bookmarks:** Add bookmarks to specific points in the audiobook to easily return to them later.

- **Sleep Timer:** Set a timer for the audiobook to pause automatically after a certain duration.
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Specifications

Title	Slow Productivity – Effizienz ohne Überlastung: Die vergessene Kunst, ohne Burn-out zu arbeiten
Author	Cal Newport, Jordan Wegberg - Übersetzer
Narrator	Michael A. Grimm
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Language	German
ASIN	B0D5MKBTJD

About the Author & Narrator

Cal Newport is a computer science professor at Georgetown University and a bestselling author known for his books on productivity and deep work. His work often explores strategies for thriving in the digital age by focusing on valuable skills and concentrated effort.
**Michael A. Grimm** is the German narrator for this audiobook. His clear and engaging narration brings Cal Newport's concepts to life for German-speaking audiences.
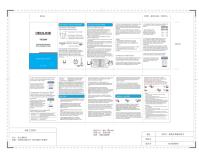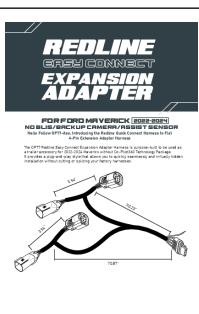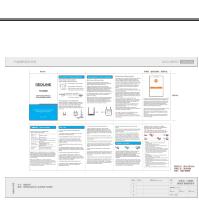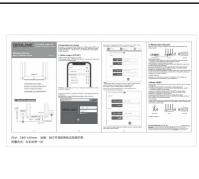
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