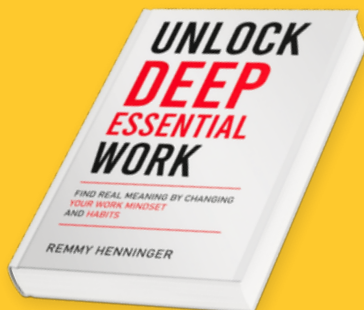




**Remmy  
Henninger**

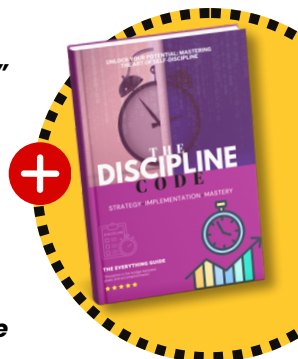
# Best quotes

The official list of the best quotes from the book: *"Unlock Deep Essential Work: Find Real Meaning by Changing Your Work Mindset and Habits"* by Remmy Henninger



**Read Now!**

- "Deep work is **not a destination** but more of a process that morphs over time."
- "This is never an accident. It is the product of practice, experience, and, most importantly, being open-minded."
- "Depression flows from having too much time on your hands."
- **"Attitude Beats Aptitude Any Day."**
- "Your Attitude Is the Key to Future-Proof Work."
- "When you do your work the right way, it in itself is a reward."
- **"Work Done Right Provides Meaning, Value, and Purpose."**
- "Work done right enables you to focus on something bigger than yourself."
- "You become that cornerstone that, when knocked out, brings the whole building down."
- "You know you are doing the right thing."
- **"The next step is to feel detached.** This path does not lead to personal fulfillment."
- "Where should your focus be? **On yourself!**"
- "All work is personal."
- "When you feel fulfilled, you are more likely to go deeper."
- "You busy yourself with empty rituals like checking email and going from one meeting to the next."
- **"Busy meeting calendars quietly replace real work."**
- "The changing nature of work in the light of AI... actually offers several opportunities."
- **"Enter AI... heaven-sent."**
- "Every delay leads to money loss if you believe that time is money."
- "You can be in that state of deep work or flow where ideas feed off each other."
- **"Want to quit your job? Want to get promoted?... The key is DISCIPLINE."**



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