

living simply + working deeply

monk mode



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Praise for *Monk Mode*

At last, a really practical and useful book on life skills for engineers. No waffle, just actionable tips on how to focus, organise yourself, and generally get a grip on things. I love it.

—Richard W. Shepard

LIZ: Sometimes the right thing and the hard thing are the same thing. I read that on a teabag.

—“30 Rock”