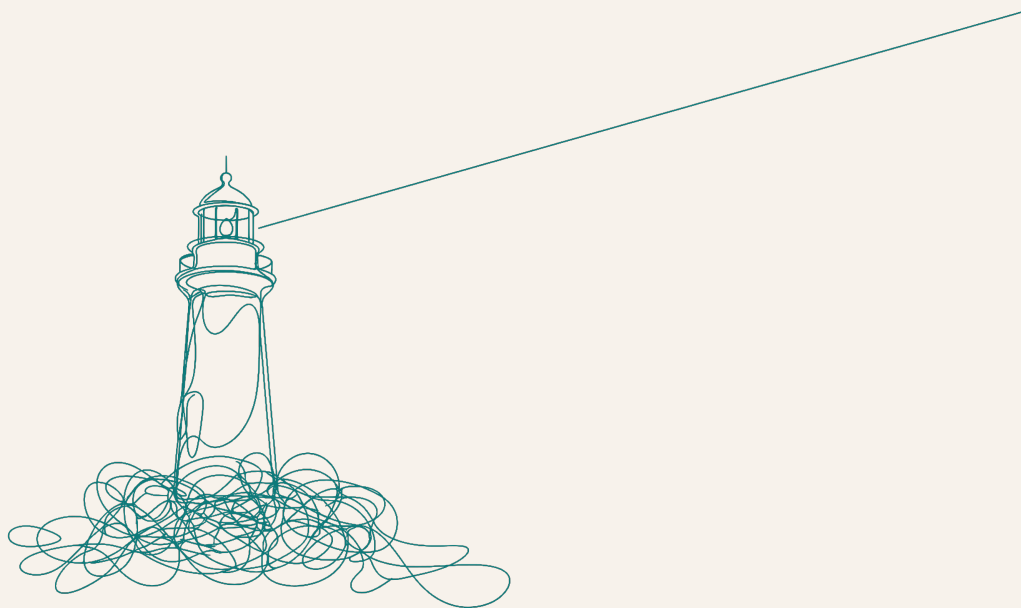

The Attention Architect

Reclaiming cognitive sovereignty by delegating distraction to AI



Len P. van der Hof

Systems for the Strategic Self