Mindfire: A Field Guide to Flow in the AI Age

Rhys Fisher

Mindfire: A Field Guide to Flow in the AI Age

Rhys Fisher

This book is available at https://leanpub.com/flow-state-in-the-age-of-ai

This version was published on 2026-03-18

Contents

The ANCHOR Framework: A Tactical Field Guide to Flow, Consciousness & AI Augmentation

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

How to Use This Guide

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Evidence Quality Tiers

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

The ANCHOR Framework

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Table of Contents

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Topic Navigation

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Chapter A: Attention & Flow Neuroscience — Deep Blue #1a5276

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Chapter N: Navigating AI Partnership — Electric Green #27ae60

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Chapter C: Consciousness & Awareness — Violet #8e44ad

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Chapter H: Heritage Wisdom — Amber Gold #d4a017

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Chapter O: Optimal Performance — Crimson #c0392b

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Chapter R: Reality & Philosophy of Mind — Silver #7f8c8d

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Back Matter

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Timeline Navigation

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Situation Navigation

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Introduction

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

The Problem This Guide Solves

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

What the ANCHOR Framework Is

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Who This Guide Is For

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

The Three Depth Levels

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

How Evidence Works in This Guide

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Chapter A: Attention & Flow Neuroscience

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

ANCHOR Position

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Evidence Tier Convention

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Key Findings

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

The Evidence

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

A.01 — The Neuroscience of Flow States [All levels]

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

A.02 — Attention Networks: DAN, VAN, DMN, and the Salience Switch [Practitioner/Architect]

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

A.03 — Transient Hypofrontality: When the Inner Critic Steps Down `[Practitioner/Architect]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

A.04 — Neurochemistry: The Flow Cocktail `[Practitioner/Architect]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

A.05 — Flow Triggers: How to Set the Conditions `[All levels]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

A.06 — The Attention Economy and Cognitive Load `[All levels]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

A.07 — Neuroplasticity: Your Brain Rebuilds Around What You Practice `[Practitioner/Architect]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

A.08 — Circadian Rhythms and Flow Windows `[Practitioner/Architect]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

A.09 — The Distraction Architecture: How Technology Hijacks Attention `[All levels]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

A.10 — Measuring Flow: The Detection Problem [`Practitioner/Architect`]

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Cross-Domain Connections

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

↔ C: Consciousness & Awareness [strong convergence, T1+T3]

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

↔ H: Heritage Wisdom [strong convergence, T1+T4]

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

→ N: Navigating AI Partnership [emerging, mostly T6]

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

↔ O: Optimal Performance [strong convergence, T1+T2]

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

→ R: Reality & Philosophy of Mind [conceptual link, T3+T5]

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Practice Protocols

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Protocol A.01: Flow Entry Sequence

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Setup

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Steps

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Indicators of Success

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Protocol A.02: Attention Network Training (Focused Attention Meditation)

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Setup

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Steps

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Approximate Indicators of Progress

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Protocol A.03: Trigger Stacking for Knowledge Workers

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Setup

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Steps

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Indicators of Success

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Protocol A.04: Circadian Flow Mapping

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Steps

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Protocol A.05: Digital Environment Audit

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Steps

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Self-Assessment: Your Flow Capacity Profile

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Flow Awareness

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Flow Conditions

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Flow Infrastructure

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Scoring

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Tactical Playbooks by Depth Level

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Operator Playbook: Know Your Flow

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Practitioner Playbook: Design for Flow

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Architect Playbook: Build Flow Systems

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Under Pressure

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Quick-Reference Card

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Key Sources

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Tier 1 — Empirical Gold

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Tier 2 — Empirical Silver

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Tier 3 — Expert Synthesis

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Tier 4 — Practitioner Wisdom

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Tier 6 — Emerging/Speculative

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Chapter Notes

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Gaps and Debates Relevant to Chapter A

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Minority Expert Views

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Chapter N: Navigating AI Partnership

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Opening Hook

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

ANCHOR Position

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Key Findings

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

The Evidence

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

N.01 — Cognitive Offloading: What to Delegate, What to Keep [All levels]

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

N.02 — The Centaur Model: Human-AI Complementarity [Practitioner/Architect]

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

N.03 — Prompt Crafting as Cognitive Skill [All levels]

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

N.04 — AI-Augmented Creative Flow: When Machines Meet the Muse [Practitioner/Architect]

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

N.05 — Maintaining Agency in Automated Environments [All levels]

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

N.06 — The Deskilling Risk: Use It or Lose It [All levels]

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

N.07 — Digital Boundaries: When to Disconnect from AI [All levels]

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

N.08 — Trust Calibration: When to Override AI [`All levels`]

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Cross-Domain Connections

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Practice Protocols

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Protocol N.01.1: The Offloading Audit

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Setup

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Steps

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Indicators of Success

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Common Mistakes

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Evidence Base

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Cross-Reference

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Protocol N.02.1: The Independent Assessment First

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Setup

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Steps

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Indicators of Success

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Common Mistakes

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Evidence Base

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Cross-Reference

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Protocol N.04.1: The 3-Then-AI Creative Rule

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Setup

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Steps

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Indicators of Success

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Common Mistakes

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Evidence Base

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Cross-Reference

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Protocol N.05.1: The Agency Check

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Setup

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Steps

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Indicators of Success

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Common Mistakes

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Evidence Base

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Cross-Reference

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Protocol N.06.1: The Cognitive Fire Drill

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Setup

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Steps

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Indicators of Success

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Common Mistakes

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Evidence Base

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Cross-Reference

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Protocol N.07.1: The AI-Free Flow Block

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Setup

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Steps

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Indicators of Success

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Common Mistakes

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Evidence Base

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Cross-Reference

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Protocol N.08.1: The Severity-Gated Trust Check

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Setup

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Steps

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Indicators of Success

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Common Mistakes

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Evidence Base

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Cross-Reference

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Integration Exercises

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Exercise N.E.1: The Cognitive Mirror

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Context

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

The Exercise

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Reflection Prompts

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

What You Might Notice

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Evidence Connection

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Exercise N.E.2: The Centaur Boundary Map

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Context

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

The Exercise

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Reflection Prompts

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

What You Might Notice

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Evidence Connection

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Self-Assessment: Navigating AI Partnership

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Offloading Awareness

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Centaur Partnership Quality

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Agency Maintenance

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Digital Boundary Discipline

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Trust Calibration

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Overall Profile

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Under Pressure

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Quick-Reference Card

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Key Sources

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Tier 1 — Empirical Gold

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Tier 2 — Empirical Silver

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Tier 3 — Expert Synthesis

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Tier 4 — Practitioner Wisdom

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Tier 5 — Philosophical Argument

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Tier 6 — Emerging/Speculative

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Chapter Notes

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

On the Evidence Base

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Key Debates and Tensions

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

What This Chapter Argues

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Chapter C: Consciousness & Awareness

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

ANCHOR Position

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Key Findings

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

The Evidence

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

C.01 — Theories of Consciousness: The Map You Didn't Know You Were Using [Practitioner/Architect]

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

C.02 — Metacognition: The Skill That Protects All Other Skills [All levels]

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

C.03 — States of Consciousness: Your Mind Has Modes [All levels]

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

C.04 — The Binding Problem: How You Become One [Practitioner/Architect]

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

C.05 — Interoception: Your Body Knows Things Your Screen Doesn't [All levels]

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

C.06 — Attention and Consciousness: The Crack in the Foundation [Practitioner/Architect]

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

C.07 — Altered States: The Reducing Valve and How to Open It [Practitioner/Architect]

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

C.08 — Machine Consciousness: The Mirror Question [Practitioner/Architect]

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Cross-Domain Connections

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Practice Protocols

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Protocol C.01.1: The Consciousness State Check

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Setup

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Steps

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Indicators of Success

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Common Mistakes

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Evidence Base

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Cross-Reference

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Protocol C.02.1: The Body Before the Screen

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Setup

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Steps

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Indicators of Success

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Common Mistakes

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Evidence Base

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Cross-Reference

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Protocol C.03.1: The Metacognitive Confidence Log

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Setup

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Steps

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Indicators of Success

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Common Mistakes

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Evidence Base

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Cross-Reference

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Protocol C.04.1: The State-Cycling Workday

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Setup

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Steps

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Indicators of Success

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Common Mistakes

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Evidence Base

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Cross-Reference

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Protocol C.05.1: The Consciousness Theory Audit

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Setup

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Steps

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Indicators of Success

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Common Mistakes

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Evidence Base

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Cross-Reference

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Integration Exercises

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Exercise C.E.1: The Attention-Consciousness Experiment

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Context

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

The Exercise

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Reflection Prompts

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Evidence Connection

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Exercise C.E.2: The Embodied Decision Test

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Context

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

The Exercise

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

What You Might Notice

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Evidence Connection

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Exercise C.E.3: The Consciousness Theory Policy Audit (Team Version)

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Context

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

The Exercise

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

What You Might Notice

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Evidence Connection

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Self-Assessment: Consciousness & Awareness

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Consciousness Literacy

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Metacognitive Calibration

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

State Awareness

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Interoceptive Connection

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Overall Profile

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Under Pressure

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Quick-Reference Card

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Key Sources

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Tier 1 — Empirical Gold

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Tier 2 — Empirical Silver

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Tier 3 — Expert Synthesis

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Tier 4 — Practitioner Wisdom

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Tier 5 — Philosophical Argument

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Tier 6 — Emerging/Speculative

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Chapter Notes

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

On the Evidence Base

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Key Debates and Tensions

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

What This Chapter Argues

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Chapter H: Heritage Wisdom

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

ANCHOR Position

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Evidence Tier Convention

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Key Findings

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

The Evidence

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

H.01 — Meditation Traditions: Samatha, Vipassana, Zen, Dzogchen `[All levels]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

H.02 — Stoic Philosophy: The Cognitive Reframing Toolkit `[All levels]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

H.03 — Yoga and Embodied Awareness: You Are Not a Brain in a Jar `[All levels]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

H.04 — Taoist Wu Wei: The Art of Effortless Action `[All levels]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

H.05 — Indigenous Wisdom: Land, Story, and Relational Knowing `[Practitioner/Architect]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

H.06 — Contemplative Neuroscience: When Ancient Practice Meets Modern Scanners `[Practitioner/Architect]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

H.07 — The Perennial Philosophy: Do All Traditions Converge? `[Architect]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

H.08 — Digital Mindfulness: Democratization or Strip-Mining? `[Practitioner/Architect]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Cross-Domain Connections

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Ancient Flow (H + A) `[Strong convergence: T1+T5]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Meditative Neuroscience (H + A) `[Strong convergence: T1]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Digital Contemplation (H + N) `[Emerging: T6]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Embodied Intelligence (H + C + R) `[Conceptual link: T3/T5]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

The Enhancement Question (H + R + N) `[Conceptual link: T5/T6]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Tactical Playbook

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Operator Level — Start Here

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Practitioner Level — Go Deeper

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Architect Level — Build Systems

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Quick-Reference Card

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Key Sources by Tradition

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Meditation Traditions (H.01)

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Stoic Philosophy (H.02)

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Yoga & Embodied Awareness (H.03)

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Taoist Wu Wei (H.04)

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Indigenous Wisdom (H.05)

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Contemplative Neuroscience (H.06)

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Perennial Philosophy (H.07)

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Digital-Age Mindfulness (H.08)

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Evidence Quality Notes

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Chapter O: Optimal Performance

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

ANCHOR Position

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Evidence Tier Convention

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Key Findings

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Empirical Foundations [T1–T3]

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

AI Augmentation Implications [T4/T6]

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

The Evidence

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

O.01 — Deliberate Practice: Building the Machinery of Excellence `[All levels]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

O.02 — Group Flow: When Teams Become More Than the Sum `[Practitioner/Architect]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

O.03 — Expert Pattern Recognition: Compressed Experience `[All levels]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

O.04 — Stress Inoculation: Building Anti-Fragile Cognition `[All levels]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

O.05 — Recovery Science: Protecting Cognitive Capacity in an Always-On AI World `[All levels]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

O.06 — Motivation Architecture: Protecting the Engine `[Practitioner/Architect]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

O.07 — Environmental Design: Configuring Your Physical and Digital Space for AI-Augmented Flow `[Operator/Practitioner]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

O.08 — The Flow-Performance Paradox: Trying Not to Try `[Practitioner/Architect]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Limitations and Debates

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Cross-Domain Connections

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Performance and Philosophy (O + R) `[Strong convergence: T1 + T3 + T5]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Collective Intelligence (O + N) `[Emerging: T2 + T6]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

The Enhancement Question (O + N + R) `[Strong empirical base (T1) with speculative AI implications (T4/T6)]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Practice Protocols

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Protocol O.01: The Deliberate Practice Audit

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Protocol O.02: The Group Flow Diagnostic

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Protocol O.03: The Stress Inoculation Ladder

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Protocol O.04: The 90/15 Recovery Architecture (AI-Augmented Edition)

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Protocol O.05: The Motivation Preservation Protocol

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Protocol O.06: The Anti-Choking Routine

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Integration Exercises

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Exercise O.E.1: The Practice-Flow-Recovery Cycle Map

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Exercise O.E.2: The Stress-Flow Window Experiment

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Exercise O.E.3: The Autonomy Reclamation Sprint

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Self-Assessment

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

The Optimal Performance Inventory

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Under Pressure

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Quick-Reference Card

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Key Sources

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Tier 1 — Empirical Gold

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Tier 2 — Empirical Silver

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Tier 3 — Expert Synthesis

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Tier 4 — Practitioner Wisdom

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Tier 5 — Philosophical Argument

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Tier 6 — Emerging/Speculative

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Chapter R: Reality & Philosophy of Mind

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

ANCHOR Position

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Key Findings

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

The Evidence

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

R.01 — The Extended Mind: Your Cognitive Boundary Is Not Where You Think `[All levels]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

R.02 — The Hard Problem: Why Consciousness Resists Explanation `[All levels]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

R.03 — Personal Identity: Who Are You When AI Does Half Your Thinking? `[All levels]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

R.04 — Free Will: The Paradox of Effortless Action `[Practitioner/Architect]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

R.05 — Phenomenology: The Rigorous Study of What Experience Is Like `[Practitioner/Architect]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

R.06 — Embodied Cognition: Your Body Is Not Optional `[Practitioner/Architect]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

R.07 — The Ethics of Enhancement: Where Does Augmentation End and Replacement Begin? `[All levels]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

R.08 — Being Human in a Post-AI World: The Integrating Capstone `[All levels]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

The Problem: Capability Is a Losing Definition

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Three Philosophical Foundations

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

The ANCHOR Synthesis: Where Domains Converge

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

The Positive Vision

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Counter-Perspective: The Case for Optimism

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Practice Protocols

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Protocol R.01.1: Values Clarification for AI Use

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Setup

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Steps

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Indicators of Success

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Common Mistakes

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Evidence Base

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Cross-Reference

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Protocol R.05.1: Phenomenological Tool Audit

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Setup

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Steps

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Indicators of Success

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Common Mistakes

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Evidence Base

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Cross-Reference

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Protocol R.04.1: Daily Veto Practice

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Setup

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Steps

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Indicators of Success

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Common Mistakes

This content is not available in the sample book. The book can be purchased
on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Evidence Base

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Cross-Reference

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Protocol R.06.1: Embodied Thinking Transition

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Setup

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Steps

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Indicators of Success

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Common Mistakes

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Evidence Base

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Cross-Reference

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Protocol R.08.1: "What Kind of Human?" Reflection Exercise

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Setup

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Steps

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Indicators of Success

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Common Mistakes

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Evidence Base

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Cross-Reference

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Integration Exercises

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Exercise R.E.1: The Extended Mind Experiment

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Context

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

The Exercise

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Reflection Prompts

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

What You Might Notice

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Evidence Connection

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Exercise R.E.2: Embodied Philosophy Walk

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Context

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

The Exercise

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Reflection Prompts

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

What You Might Notice

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Evidence Connection

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Self-Assessment: Philosophy of Mind

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Philosophical Self-Awareness

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Embodied vs. Disembodied Orientation

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Enhancement Ethics Clarity

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Overall Profile

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Under Pressure

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Quick-Reference Card

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Key Sources

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Tier 5 — Philosophical Argument

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Tier 3 — Expert Synthesis

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Tier 1 — Empirical Gold

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Tier 2 — Empirical Silver

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Tier 6 — Emerging/Speculative

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Chapter Notes

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

On the Relationship Between Philosophy and Practice

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

On Uncertainty

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

On R.08 as Capstone

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Back Matter

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Quick-Reference Card Deck

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Card 1 of 6 — Attention & Flow Neuroscience

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Card 2 of 6 — Navigating AI Partnership

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Card 3 of 6 — Consciousness & Awareness

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Card 4 of 6 — Heritage Wisdom

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Card 5 of 6 — Optimal Performance

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Card 6 of 6 — Reality & Philosophy of Mind

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Appendix A: Cross-Domain Hook Index

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

A + C: Flow as Altered Consciousness `[Strong: T1+T5]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

A + H: Ancient Flow Technologies [`Strong: T1+T4`]

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

A + N: AI and Attention Economics [`Emerging: T6`]

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

A + O: Performance Paradox [`Strong: T1+T2`]

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

A + R: Ethics of Attention [`Conceptual: T3+T5`]

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

N + C: Metacognition as Protective Mechanism [`Strong: T1+T6`]

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

N + H: Digital Contemplation [`Emerging: T4/T6`]

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

N + O: Collective Intelligence [`Moderate: T3+T6`]

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

N + R: Extended Mind and Identity [`Philosophical: T5+T6`]

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

C + H: Meditative Neuroscience `[Very Strong: T1+T4]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

C + R: Machine Minds and the Hard Problem `[Philosophical: T5+T6]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

C + H + R: Embodied Intelligence `[Cross-Domain: T1+T4+T5]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

H + A: Meditative Neuroplasticity `[Strong: T1]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

H + R + N: The Enhancement Question `[Conceptual: T5/T6]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

O + R: Performance and Philosophy `[Strong: T1+T3+T5]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

O + N + R: The Deskilling Hypothesis `[Strong empirical base T1, speculative AI implications T6]`

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Appendix B: Master Research Bibliography

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Tier 1 — Empirical Gold (Peer-Reviewed, Replicated, Meta-Analyzed)

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Tier 2 — Empirical Silver (Peer-Reviewed, Limited Replication or Small Samples)

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Tier 3 — Expert Synthesis (Domain Expert Reviews and Books)

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Tier 4 — Practitioner Wisdom (Deep Practitioners, 10,000+ Hours)

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Tier 5 — Philosophical Argument (Rigorous Reasoning, Thought Experiments)

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Tier 6 — Emerging/Speculative (Promising but Early-Stage)

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Appendix C: Evidence Quality Summary

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Appendix D: Comprehensive Index

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Glossary

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

About This Framework

This content is not available in the sample book. The book can be purchased on Leanpub at https://leanpub.com/flow-state-in-the-age-of-ai.

Writing in Markua

Writing in Markua is easy! You can learn most of what you need to know with just a few examples.

To make *italic text* you surround it with single asterisks. To make **bold text** you surround it with double asterisks.

Section One

You can start new sections by starting a line with two # signs and a space, and then typing your section title.

Sub-Section One

You can start new sub-sections by starting a line with three # signs and a space, and then typing your sub-section title.

Including a Chapter in the Sample Book

At the top of this file, you will also see a line at the top:

```
1   {sample: true}
```

Leanpub has the ability to make a sample book, which interested readers can download or read online. If you add this line above a chapter heading, then when you publish your book, this chapter will be included in a separate sample book for these interested readers.

Links

You can add web links easily.

Here's a link to the [Leanpub homepage](https://leanpub.com).

Images

You can add an image to your book in a similar way.

First, add the image to the "Resources" folder for your book. You will find the "Resources" folder under the "Manuscript" menu to the left.

If you look in your book's "Resources" folder right now, you will see that there is an example image there with the file name "palm-trees.jpg". Here's how you can add this image to your book:

If you want to add a figure title, you put it in quotes:

Figure 1. Palm Trees

If you want to add descriptive alt text, which is good for accessibility, you put it between the square brackets:

Figure 2. Palm Trees

You can also set the alt text and/or the figure title in an attribute list:

Figure 3. Palm Trees

Finally, if no title is provided, and the `alt-title` document setting is the default of `all`, the alt text will be used as the figure title instead of as alt text.

Figure 4. Palm Trees

You can set the important document settings at Settings > Generation Settings.

Lists

Numbered Lists

You make a numbered list like this:

1. kale
2. carrot
3. ginger

Bulleted Lists

You make a bulleted list like this:

- kale

- carrot
- ginger

Definition Lists

You can even have definition lists!

term 1
    definition 1a

    definition 1b
term 2
    definition 2

Page Breaks

We don't recommend that you manually break pages, since that is brittle and can lead to unexpected formatting if you edit text earlier in your chapter and forget about the manual page breaks. But if you really want to add a page break, you use the `{pagebreak}` directive on a line by itself, with blank lines above it and below it.

Code Samples

You can add code samples really easily. Code can be in separate files (a "local" resource) or in the manuscript itself (an "inline" resource).

Local Code Samples

Here's a local code resource:

Figure 5. Hello World in Ruby

```
1   require 'time'
2
3   # This is just some pointless code so you can see the syntax highlighting...
4   def display_info
5     pi = Math::PI.round(10)
6     time_last_year = (Time.now - 365 * 24 * 60 * 60).getlocal("-08:00")
7     formatted_time = time_last_year.strftime("%Y-%m-%d %H:%M:%S")
8     puts "Pi to 10 decimal places: #{pi}"
9     puts "The time 1 year ago in Pacific Time: #{formatted_time}"
10  end
```

Inline Code Samples

Inline code samples can either be spans or figures.

A span looks like `puts "hello world"` this.

A figure looks like this:

```
1   require 'time'
2
3   # This is just some pointless code so you can see the syntax highlighting...
4   def display_info
5     pi = Math::PI.round(10)
6     time_last_year = (Time.now - 365 * 24 * 60 * 60).getlocal("-08:00")
7     formatted_time = time_last_year.strftime("%Y-%m-%d %H:%M:%S")
8     puts "Pi to 10 decimal places: #{pi}"
9     puts "The time 1 year ago in Pacific Time: #{formatted_time}"
10  end
```

You can also add a figure title using the title attribute:

Figure 6. Hello World in Ruby

```ruby
1   require 'time'
2
3   # This is just some pointless code so you can see the syntax highlighting...
4   def display_info
5     pi = Math::PI.round(10)
6     time_last_year = (Time.now - 365 * 24 * 60 * 60).getlocal("-08:00")
7     formatted_time = time_last_year.strftime("%Y-%m-%d %H:%M:%S")
8     puts "Pi to 10 decimal places: #{pi}"
9     puts "The time 1 year ago in Pacific Time: #{formatted_time}"
10  end
```

Tables

You can insert tables easily inline, using the GitHub Flavored Markdown (GFM) table syntax:

Header 1	Header 2
Content 1	Content 2
Content 3	Content 4 Can be Different Length

Tables work best for numeric tabular data involving a small number of columns containing small numbers:

Central Bank	Rate
JPY	-0.10%
EUR	0.00%
USD	0.00%
CAD	0.25%

Definition lists are preferred to tables for most use cases, since reading a large table with many columns is terrible on phones and since typing text in a table quickly gets annoying.

Math

You can easily insert math equations inline using either spans or figures.

Here's one of the kinematic equations $d = v_i t + \frac{1}{2}at^2$ inserted as a span inside a sentence.

Here's some math inserted as a figure.

$$\left| \sum_{i=1}^{n} a_i b_i \right| \leq \left(\sum_{i=1}^{n} a_i^2 \right)^{1/2} \left(\sum_{i=1}^{n} b_i^2 \right)^{1/2}$$

Figure 7. Something Involving Sums

Headings

Markua supports both of Markdown's heading styles.

The preferred style, called atx headers, has the following meaning in Markua:

```
1   {class: part}
2   # Part
3
4   This is a paragraph.
5
6   # Chapter
7
8   This is a paragraph.
9
10  ## Section
11
12  This is a paragraph.
13
14  ### Sub-section
15
16  This is a paragraph.
17
18  #### Sub-sub-section
19
20  This is a paragraph.
21
22  ##### Sub-sub-sub-section
23
```

```
24  This is a paragraph.
25
26  ###### Sub-sub-sub-sub-section
27
28  This is a paragraph.
```

Note the use of three backticks in the above example, to treat the Markua like inline code (instead of actually like headers).

The other style of headers, called Setext headers, has the following headings:

```
1   {class: part}
2   Part
3   ====
4
5   This is a paragraph.
6
7   Chapter
8   =======
9
10  This is a paragraph.
11
12  Section
13  -------
14
15  This is a paragraph.
```

Setext headers look nice, but only if you're only using chapters and sections. If you want to add sub-sections (or lower), you'll be using atx headers for at least some of your headers. My advice is to just use atx headers all the time. (The `{class: part}` attribute list on a chapter header to make a part header does actually work with Setext headers, but it's really ugly.)

Note that while it is confusing and ugly to mix and match using atx and Setext headers for chapters and sections in the same document, you can do it. However, please don't.

Block quotes, Asides and Blurbs

> Block quotes are really easy too.
>
> —Peter Armstrong, *Markua Spec*

> Asides are useful for longer text.
>
> But typing them like this isn't fun.

> Asides can be written this way, since adding a bunch of A> stuff at the beginning of each line can get annoying with longer asides.

Blurbs are useful

Blurbs are useful

There are many types of blurbs, which will be familiar to you if you've ever read a computer programming book.

This is a discussion.

You can also specify them this way:

This is a discussion

This is an error.

This is information.

This is a question. (Not a question in a Markua course; those are done differently!)

This is a tip.

This is a warning.

This is an exercise. (Not an exercise in a Markua course; those are done differently!)

Good luck, have fun!

If you've read this far, you're definitely the right type of person to be here!

Our last piece of advice is simple: once you have a couple chapters completed, publish your book in-progress!

This approach is called Lean Publishing. It's why Leanpub is called Leanpub.

If you want to learn more about Lean Publishing, read this or watch this.