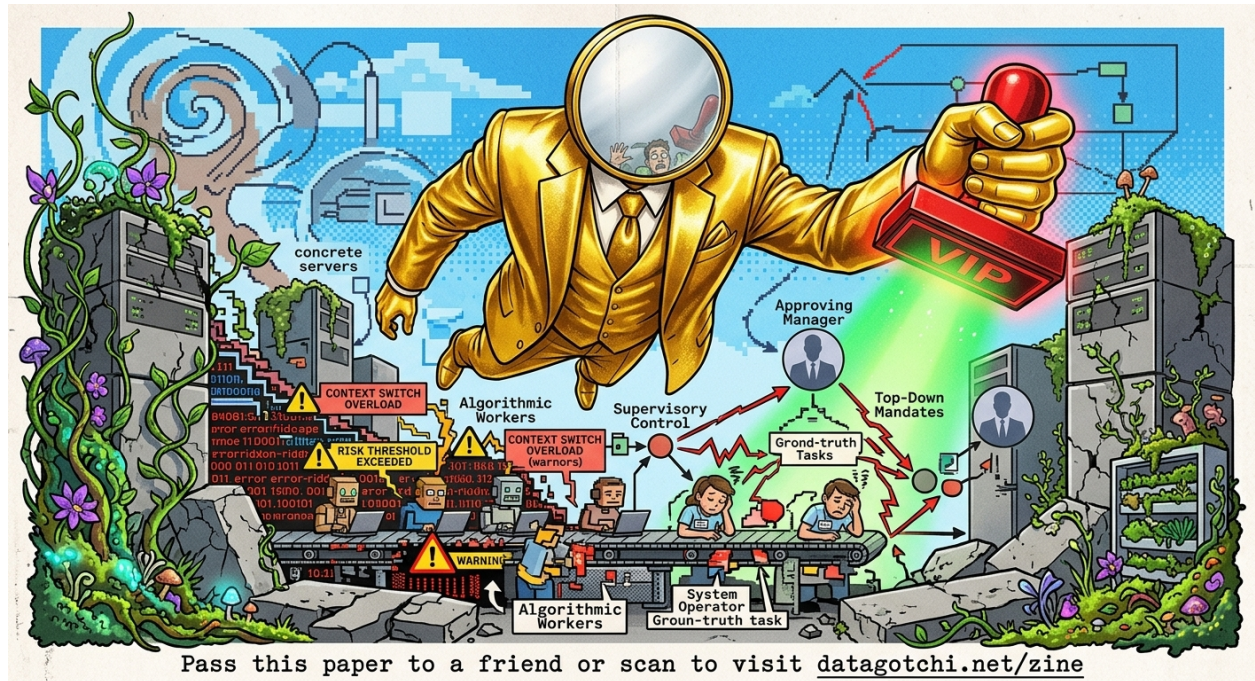


ZERO-ENTROPY SANCTUARY

Vol. 1: Epistemic Defense Against Management Hysteria



You're not crazy. The burnout isn't just in your head.

It's not just the shift—it's everything surrounding it. It's outdated rules enforcing performative compliance on shift, customer entitlement, and workplace group chats blowing up your phone on your day off. Off the clock, it's endless algorithmic slop, rising rent, and platforms engineered to farm your attention. Whether you're behind the counter or trying to reset, the setup is designed to keep your nervous system in constant survival mode.

- **The Focus Tax:** Constant linear noise, endless notifications, and rigid checklists force your brain into survival mode instead of letting you do meaningful work.
- **The Liability Trap:** Top-down mandates push operational risk down to front-line staff and operators while higher-ups take credit for optics.
- **Sovereign Counter-Infrastructure:** We build local-first tools and simple process fixes that restore human agency, protect focus, and eliminate operational chaos.



SCAN TO ACCESS SANCTUARY Read the digital archive, grab open-source tools, or drop into local offline chat.

 datagotchi.net/zine