

You buy books. You don't finish them. This is the way back.

You reread the same paragraph three times, then reach for your phone. It isn't a character flaw. Your attention is being spent before you ever sit down with the book.

This field guide gives you a system that doesn't depend on willpower: one protected 15-minute block a day, a room set up so the phone loses, and a way of marking books that turns them into something you use.

It is 44 pages on purpose. You can finish it in an evening, because the last thing you need is another long book.

01 The 15-minute maths: 10 to 18 books a year from one short daily block

02 The 4-mark pen system and the Active 3 shelf rule

03 How to use AI as a sparring partner after you read, not instead of reading

04 A 30-day sprint, a printable attention ledger, and a plan for the day you slip

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THE

Attention Sovereignty

PROTOCOL

*Why You Still Don't Read,
and the 15-Minute Habit That
Brings Deep Reading Back*

It is 10 PM. You read a paragraph, then read it again, because nothing landed. Your hand has already found the phone.



You don't have an attention deficit.

You have an attention extraction problem.

And anything being done to you can be interrupted and redesigned. This guide is that interruption.