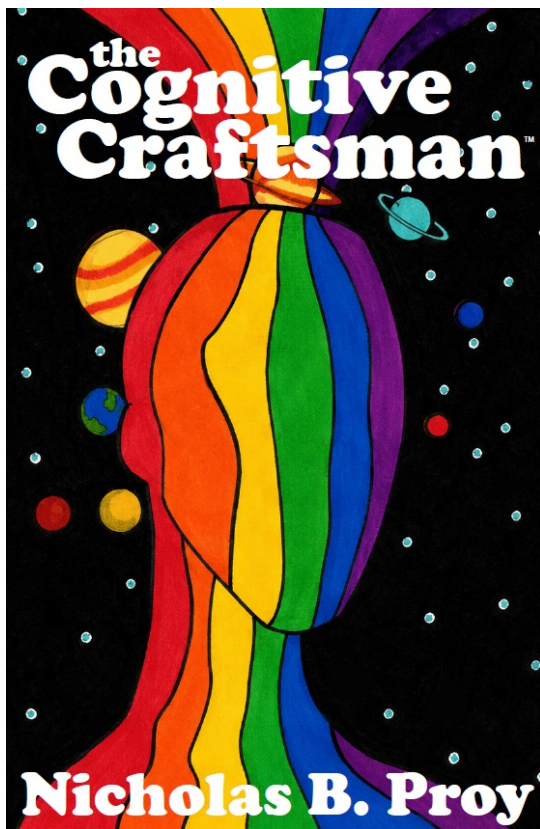


The Cognitive Craftsman™ System

A secular, music-centered self-reflection system that helps analytical and emotionally complex readers slow charged moments, recognize patterns, and choose clearer next steps



POSITIONING

The missing manual for connecting emotion, logic, and social meaning.

For readers who have tried emotion-first and logic-first books, but still need a bridge, this secular, non-shaming system turns repeated life patterns into a practical structure for everyday self-understanding.

Instead of forcing insight through the front door, the Cognitive Side Door™ uses rhythm, lyrics, mood, and memory to give emotion, logic, and social context a shared way in.

“Like a good double LP, you can listen straight through, flip to the side that fits the moment, or return to a particular record, album, or track when you need it. You don’t have to move through this whole book in order, but you need to start with Side 1 because it explains the basic tools. Each Method has its own tools, but they’re interconnected. Real life doesn’t separate thoughts, feelings, and relationships into neat boxes. We experience emotion, logic, and social meaning at the same time.”

For readers, reviewers, bookstores, libraries, discussion groups, media, and permissions/licensing inquiries.

1 Pick a charged moment	2 Choose a song	3 Listen + journal	4 Ground with ROCK™	5 Cross-Domain Triangulation™	6 Choose the next step
Who is it for? • Deep thinkers, journalers, music lovers, and readers who replay conversations or use music to process experience. • Analytical readers who need structure before emotional, logical, or social reflection becomes accessible. • People who prefer concrete prompts over open-ended emotional exploration. • Readers interested in self-reflection, communication, pattern recognition, and shame-free personal growth. • Book clubs, libraries, reviewers, discussion groups, author events, and media audiences.			What makes it new? • Alternative Processing Styles: a non-diagnostic lens for how people preserve, emphasize, and filter information. • Overthinking as metacognition: redirects analytical energy into structured access to emotions and relationships. • Secular, shame-free self-examination: reflection without guilt, obedience, pathology, or treating the reader as broken. • Music as structural backbone: a repeatable frame for slowing attention, isolating signals, and tracking patterns.		
Paperback \$29.95 979-8-9943272-0-3		Hardcover \$44.95 979-8-9943272-1-0		Trim / Pages 6 x 9 in. 527 pages	
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Book Details & System Architecture

Book Overview

For readers who have read emotion-centered books and logic-centered books but still need a bridge, The Cognitive Craftsman™ System uses music, journaling, grounding, and cross-domain reflection to slow charged moments, recognize recurring patterns, and choose a clearer next step.

Four Sides & Core Methods

Side 1 – The Cognitive Craftsman™ System Foundations: Cognitive Equations; Logical Emotion Deconstruction (LED)™; Searching for Emotions and Patterns (SEP)™; Recognizing Original Calmness and Kindness (ROCK)™ grounding; Cross-Domain Triangulation™; and the Cognitive Side Door™ Technique. The Active Listening Studio can support the side-door step by turning one song into a repeatable listening and journaling frame.

Side 2 – The Emotional Craftsman™ Method: Use the Vibrant Introspective Notes You'll Love (VINYL)™ process to explore body-level feelings, emotional reactions, and recurring emotional patterns.

Side 3 – The Logical Craftsman™ Method: Use the Analyzing Logic Beyond Understanding and Modeling (ALBUM)™ process to explore thought loops, assumptions, evidence, mental clutter, and decision paralysis. Use with LED™ and SEP™ prompts to separate event, interpretation, response, and recurring pattern.

Side 4 – The Social Craftsman™ Method: Use the Recognizing Emotional Cues while Observing Relational Decisions (RECORD)™ process to explore relationships, communication, perspective-taking, social dynamics, and the Responsible Craftsman™ Method for complex response choices.

Unified Emotional, Logical, and Social Processing

- **Real life arrives as one mixed signal.** Emotion, logic, and social meaning are treated as connected signals inside one lived moment. Readers start with a charged experience, use music as the steady frame, ground with ROCK™, and compare what the Emotional, Logical, and Social Domains each reveal before choosing a response.
- **One song. One moment. Three simultaneous signals.** VINYL™, ALBUM™, and RECORD™ help readers examine the same source material through emotional, logical, and social attention. Cross-Domain Triangulation™ then turns the first reaction into a fuller picture by showing how feeling, thought, memory, body response, and relational meaning interact.

About the Author

Nicholas B. Proy blends law, IT, systems building, progressive rock, analog audio, and practical problem-solving to translate complex cognitive patterns into a usable, music-centered language that connects emotion, logic, and social meaning. The System was reverse-engineered from lifelong music-based pattern recognition and then organized into repeatable tools readers can practice.

Trade Facts

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Categories/BISAC: Self-Help / Journaling; Self-Help; Emotions; Communication & Social Skills; Cognitive Psychology & Cognition



www.cognitivecraftsman.com

Retail/direct orders: Participating retailers and Amazon

Bookstore/library orders: Available through Ingram wholesale distribution (Fall 2026)

Wholesale, bulk, and institutional orders: Terms available upon request

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This is an educational structured self-reflection system, and not therapy, clinical treatment, or a substitute for qualified mental health care. Commercial trainings, clinical uses, paid services, and third-party workshops require written licensing.

A Part of the Craftsman Series™

The Craftsman Series™ includes the Cognitive Craftsman™ System, The Cognitive Craftsman™ Active Listening Studio, The Emotional Craftsman™ Method, the Logical Craftsman™ Method, the Social Craftsman™ Method, the Responsible Craftsman™ Method, and generated journaling reports and reflection tools.