

Constraints, Not Choices

Expanded Edition

Core Manuscript

Includes the complete book text: Introduction, Parts I–VI, and Final Conclusion.

Appendix A — Simulations

Full Monte Carlo simulations, assumptions, parameters, and results.

Appendix B — Case Studies

Selected real-world patterns illustrating constraint dynamics.

End Matter — Historical Echoes

Brief historical parallels presented as non-sequential reference.

Supplemental Essays

Related essays included for contextual depth.