

## Hodges Library — Book II

### Building Apps Without Breaking People (v1.0.0)

#### Purpose:

Teach how to design and build apps that are useful, humane, non-addictive, and safe.

#### Positive (What Works):

- Constraints create safety.
- Clear endings reduce harm.
- User agency beats automation.
- Boring reliability wins.

#### Negative (Failure Modes):

- Infinite engagement loops.
- Moral scoring or ranking users.
- Hidden automation.
- Centralized authority claims.

#### Neutral (Design Principles):

- Apps are tools, not teachers.
- Every feature adds cognitive load.
- Silence and pauses are features.

#### Unknown (Open Questions):

- Where guidance becomes control.
- How to measure wellbeing.

#### Return Loop (Safety):

0 — Close: Answer given, stop.

1 — Reopen: Continue only when asked.

#### Library Takeaway:

Good apps behave like good infrastructure: easy to use, easy to leave.