TruthAngel Process:

1. Pete dreams up a Book Title/Subject, example: "Home Brewing Basics"
2. I download the Quarex Seed Creator
3. I select the following in the Quarex Seed Creator
   a. Library Type:
      i. Practical Libraries
   b. Library:
      i. Practical Skills
   c. Shelf:
      i. Food & Beverage Skills (New Shelf, can be added by user)
   d. Book Name:
      i. Home Brewing Basics
   e. Created By
      i. Pete and Claude
4. Then I select the Seed Mode
   a. Bare Bones
      i. Minimal structure for manual completion
   b. LLM-Ready
      i. Includes instructions for AI expansion
         1. I always use this mode
            a. Faster
            b. More thorough
            c. Easier
5. Press the "Generate Seed" button.
   a. The "Generate Seed" button generates the quarex seed for the LLM to use to create the quarex.
6. Press the Download JSON button
   a. Downloads the seed file to your download location
7. Copy to Clipboard puts the file on your local clipboard so you can paste it elsewhere.
8. Press the "View Seed Instructions"
   a. Combine these instructions with your seed and hand it off to your LLM
9. The LLM will create the complete quarex for your review.
10. Once you have edited that quarex, you can email it to submissions@truthangel.org

And that's it!