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Press Release Distribution Report

February 12, 2026

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Distribution Report

Michael Gardon Announces the Publication of Just Leave Me Alone So I Can Work, Introducing a Structural Perspective on Workplace Burnout

Date Submitted: 2026-02-12

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Your Submitted Press Release

Michael Gardon today announced the publication of *Just Leave Me Alone So I Can Work*, a new book examining burnout as a structural workplace design issue rather than a personal failure. The release introduces a framework that challenges conventional productivity narratives and reframes burnout as the result of diminished time control and fragmented attention inside modern organizations.

Just Leave Me Alone So I Can Work analyzes how meetings, constant availability, and reactive workflows erode focus long before exhaustion becomes visible. Rather than presenting burnout as an individual breakdown requiring personal resilience strategies, the book argues that workplace systems themselves contribute to disengagement by limiting autonomy and uninterrupted work time.

The publication positions time sovereignty as a central structural correction. Instead of promoting optimization tactics or motivational techniques, the book emphasizes protecting uninterrupted focus, reducing unnecessary collaboration cycles, and restoring decision making authority to individuals within organizations. The framework focuses on practical adjustments inside existing corporate environments, particularly those operating within large institutional structures.

Drawing on professional experience within a Fortune 500 environment, the book explores how boundaries, selective availability, and intentional prioritization can be implemented without disengagement or withdrawal from organizational responsibility. The emphasis remains on redesigning workflow patterns rather than exiting the workplace entirely.

According to Gardon, burnout should be understood as an outcome of prolonged work without control over time and attention. The book presents this perspective as a reinterpretation of workplace value systems, questioning whether common organizational behaviors genuinely support deep work and long term productivity.

About Arden & Wexley

Arden & Wexley is an independent publishing company specializing in business, leadership, and organizational development titles. The company publishes works that examine structural challenges in modern professional environments, with a focus on productivity systems, management frameworks, and workplace design.

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