



**DEMO**  
First chapter only

# The Solopreneur's AI Stack

Tools, Agents, and Workflows for One-Person Businesses



## **The Solopreneur's AI Stack**

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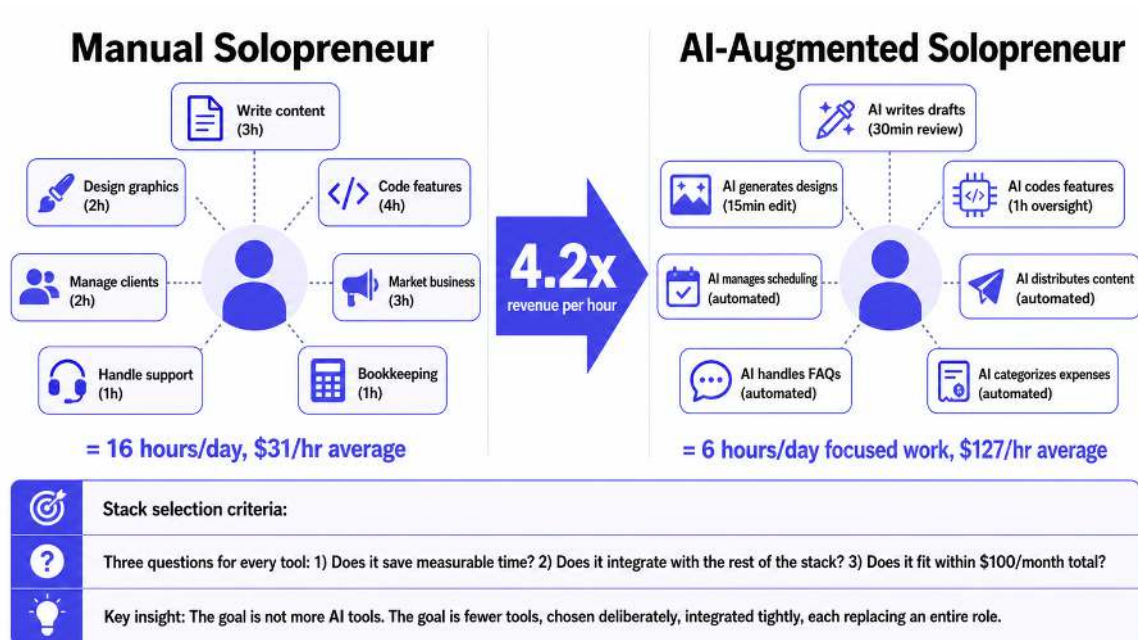
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# 1

## One Person, Five-Person Output



**Figure 1.** AI turns a 16-hour manual solo workload at \$31/hr into 6 hours of focused work at \$127/hr, a 4.2x revenue-per-hour lift from deliberately chosen tools

## 1.1 The Solopreneur Moment

There has never been a better time to run a business alone. Not because the work has gotten easier, but because the tools have gotten radically more capable. A single person with the right AI stack can now produce the output of a five-person team across writing, design, development, operations, marketing, and customer support—all for less than one hundred dollars per month.

This is not speculation. A 2025 McKinsey study found that AI-automated solo operations achieve 4.2 times higher revenue per hour worked compared to manual workflows. Automated solopreneurs earned an average of \$127 per hour versus \$31 per hour for those relying on manual processes. The gap is not closing—it is widening every quarter as tools improve and costs drop.

# 4.2x

higher revenue per hour for AI-automated solopreneurs vs. manual workflows

The complete operating cost of a modern solopreneur stack runs between \$250 and \$1,000 per month—a 95 to 98 percent reduction compared to hiring even a small team. A virtual assistant alone costs \$600 to \$1,000 per month at ten hours per week. AI tools deliver equivalent or superior output for a fraction of that.

But here is the problem: there are now thousands of AI tools, each claiming to be essential, each with its own pricing tier and learning curve. The average solopreneur wastes three to six months and hundreds of dollars testing tools that do not integrate, overlap, or deliver on their promises.

This book eliminates that waste. Every tool recommended here has been evaluated against three criteria: does it save measurable time, does it integrate with the rest of the stack, and does it fit within a total monthly budget of one hundred dollars.

### Key Insight

The goal is not to use more AI tools. The goal is to use fewer tools, chosen deliberately, integrated tightly, and operated with enough skill that each one replaces an entire role. A smaller, well-integrated stack almost always outperforms a cluttered one.

## 1.2 About Pragma.Vision

Pragma.Vision is an AI-native commerce ecosystem where multiple platforms work together to fulfill human needs through intelligent orchestration. The ecosystem operates a growing family of interconnected platforms—from wish fulfillment ([wish.now](#)) to an AI agent marketplace ([phantoid.com](#)) to developer infrastructure ([soft.house](#))—all sharing authentication, dual-protocol payments (Google AP2 and Stripe ACP), and quantum-safe cryptographic identity.

This book draws from the real operational experience of running a multi-platform ecosystem as a solo founder with a total budget of \$1,800. Every tool, workflow, and cost optimization described here was tested in production. The Pragma.Vision ecosystem itself was built from zero to full deployment using the same AI stack principles this book teaches—Claude Code for development, free-tier infrastructure, and aggressive automation of every repeatable task.

## 1.3 What You Will Learn

1. **The Core Stack:** Communication, project management, and finance tools that form your operational backbone—all under \$100 per month total.
2. **AI Coding Assistants:** When to use Claude Code, Cursor, or GitHub Copilot, and how they compare on price, capability, and workflow fit.

3. **AI Content Creation:** Writing, design, and video tools that replace freelancers costing \$60 to \$6,000 per project.
4. **AI Business Operations:** CRM, analytics, and scheduling that run on autopilot.
5. **AI Marketing:** Social media, email, and SEO automation that generate leads while you sleep.
6. **The Integration Layer:** How to make all your tools talk to each other using n8n, Zapier, and MCP protocols.
7. **Your Monthly Budget:** Every dollar justified, every free tier maximized, every paid subscription earning its keep.

#### Pro Tip

Start with two to three tools that directly impact how you make money or save time every week. Focus on income-generating tasks first—they deliver the fastest return on investment. Expand your stack only after the first tools are fully integrated into your daily workflow.

## 1.4 How This Book Is Organized

Each chapter covers one functional category of your AI stack. Within each chapter you will find:

- **Tool comparison tables** with pricing, free tiers, and capabilities
- **Cost-benefit analysis** showing the dollar value of time saved
- **Integration notes** explaining how each tool connects to the rest of your stack
- **Case studies** from real solopreneurs who built businesses with these tools
- **Pro tips** for getting maximum value from free tiers before upgrading

By the end, you will have a complete, tested, budget-optimized AI stack tailored to your specific business type—whether you are a consultant, content creator, e-commerce operator, developer, or service provider.

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