

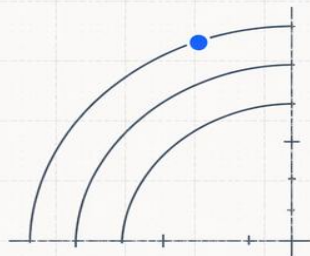
AI Agents in Practice

From Personal Productivity to Enterprise-Grade Workflows

AI 智能体实战：从个人提效到企业级工作流

SPEAKER · MARK

REV. 0.1 · 2026-05-27



Agenda

- 01 · **Why AI feels different now**
- 02 · **What AI Agents / OpenClaw / Lobster are**
- 03 · **Practical workflows — Atomic Skills + AI+AI · Iteration · Alignment**
- 04 · **Human-AI boundary**
- 05 · **Department applications + Automotive**
- 06 · **Tool selection + Data security**

Mark — founder of LovStudio.

Serial founder. AI evangelist. AI tech blogger.

Background — fintech, investment banking, frontier LLM company.

Now full-time on AI Coding. Lovpen is the flagship.

ROLE

Founder, LovStudio

FOCUS

AI Coding · creator tools

FLAGSHIP

Lovpen + 20 Skills/Apps

COMMUNITY

Lobster Salon



手工川工作室
LOVSTUDIO PRODUCT LAB

MATRIX 2026

AI 原生工具 · 内容自动化 · 开发者生态

产品矩阵

手工川主理 Lovstudio、Lovpen、Lovcode，长期关注内容创作与开发者工具，正在构建面向超级个体的 Super Creatorpreneur OS。

AI Coding
Creator Stack
Obsidian
Skills & Training

4

主线产品

2

LovPen 架构

27+

产品与服务

OS

超级个体系统

主线产品

主线重心收敛到 AI Coding、写作系统和 Skill 交付，其他产品作为矩阵能力沉淀。



AI CODING WORKBENCH
LovCode

AI 编程工作台，承接项目、上下文、Agent 协作与交付规范，是开发者产品线的主入口。

AI Coding
Agent Workbench
Component API

01



AGENT TRAINING
Yoda

多 Agent 编排与 AI Coding 训练，把复杂任务拆成可复用的协作套路。

Parallel Agents Training

02



OBSIDIAN + WEB
LovPen

双架构写作系统：Obsidian 插件负责知识沉淀，Web 端负责内容生产、发布与 workflow 编排。

Obsidian Plugin
Web App
Creator Stack

03



AGENT SKILL
WriteBook

把专业书籍从大纲、章节到排版的长链路固化成可重复调用的 Skill。

Long-form Skill

04

完整产品地图

AI Coding 向

Agentic coding、本地部署、编排、AI 编程工作台

Yoda

多 Agent 编排与 AI Coding 训练

Vmox

多端协同与工具链

LovSlider

AI 编程工作台

内容创作向

选题、写作、传播、编辑、数据、营销、变现

LovPen

Obsidian + Web 双端写作系统

Voca

内容创作与工具链

LovClip

内容创作与工具链

LovSlider

内容创作与工具链

LovShot

内容创作与工具链

Folo

内容创作与工具链

微信生态

WDB

微信生态数据看板

微信

公众号内容管理

Tencent Meeting Cracker

微信生态内容管理

Obsidian 专辑

Better TOC

Obsidian 目录生成

Image Auto Upload

Obsidian 图片上传

Regex Replace

Obsidian 正则表达式替换

Version Diff

Obsidian 版本对比

Skills

WriteBook

专业书籍从大纲、章节到排版的长链路固化成可重复调用的 Skill

Any2PDF

专业书籍从大纲、章节到排版的长链路固化成可重复调用的 Skill

Any2Deck

专业书籍从大纲、章节到排版的长链路固化成可重复调用的 Skill

开发者生态

Lovping

开发者生态内容管理

Mac Tools

开发者生态内容管理

线下培训

手工川 AI 训练营

线下 AI 产品与工具开发实践

娱乐项目

LammMimor

语音识别与合成

LovTarot

塔罗牌占卜与数据预测

LovSigil

塔罗牌占卜与数据预测

用手工精神做 AI 原生产品

扫码关注手工川，持续记录产品实验、AI Coding、内容自动化与手工川 AI 创造营。

VOL.001 · ISSUE 2024.04 · SHANGHAI · 上海 · 陆家嘴数据港 · 打印 · FREE COPY

THE OPC TIMES

"More than machinery, we need humanity." — Chaplin, 1940

N° 001

— HEADLINE —

一个人 + AI = 千军万马

手工川入驻陆家嘴数据港，把“一人公司”造成下一代创作者操作系统

BY MARK SHAWN · FOUNDER, LOVSTUDIO · 2024.04 · ON THE BUND

What — 我们造什么

Lovstudio 正在打造“AI + 知识 + 创作 + 分发”全闭环的 Creator OS。我们用“一人公司 (OPC)”本身的方法论，做给 OPC 用的工具。

主理 Lovpen、护城河 Lovstudio/SkillSet，还缺谁 Lov* —— 三位一体，全部开源、全部 dogfooding。

Why — 为什么是现在

多曲线交叉：
① Solo Founder 占主导的企业 36.3% (Carta 2024, 50 年首次)；
② 创作者经济进入“工业化下半场”，\$2500 → \$4800；
③ 中国 OPC 赛道 5 个月从一场大会升级为政策基础设施。

就在 Lovstudio 准备好产品矩阵的同一时刻，国家正在为“这一个人的公司”铺基础设施。

Where — 为什么是陆家嘴

家嘴数据港地处北滨江新市民洋板块，由百年码头集聚转型为互联网与数据要素产业引擎。

金融、科技、海洋、滨江，四种力量在这里交汇，手工川在这里办公，在这里生产，在这里把“一人公司”变成可以复用的方法论。

— BY THE NUMBERS — 数据市场 —

40w+

天使轮融资

8+

城市覆盖

40+

城市覆盖

10+

升迁 Skills

24h

内容交付

"We're the customer of everything we build. 我们自己每天用 24 小时，验证 24 小时。"

EDITORIAL · 编辑部

手工川 Mark Shawn
Founder · Lovstudio · mark@lovstudio.ai

PUBLICITY · 公关部

公众号「手工川」
liuthu.com/MarkShawn001

DESIGNED FOR 手工川工作室 · LovStudio Product Matrix

© Lovstudio

Mark — founder of LovStudio.

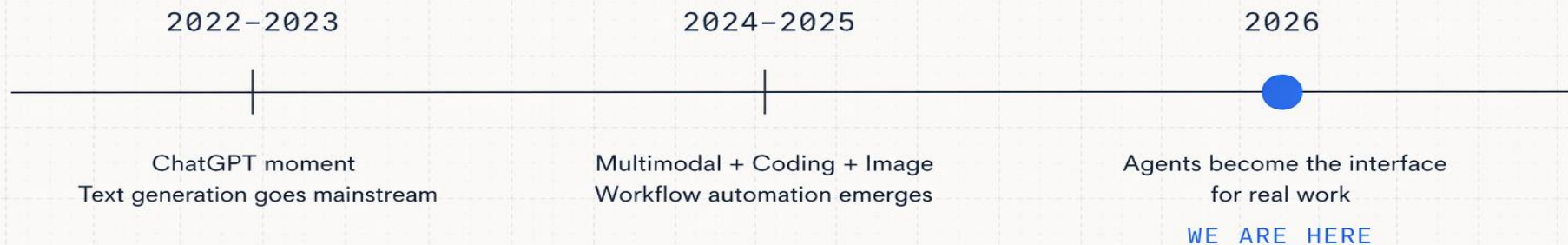


§2

Why AI Feels Different Now

The shift from chatbot to agent, and what it does to interfaces.

From chatbot to agent — a three-year arc.



AI is not just content generation.

AI is intelligent **decision + automated execution.**

Most people see a chat box.

Enterprises need an **intelligent component embedded in workflow.**

AI • Automation • Human — clear division of labor.



FIG. 2 · ROLES IN AN AI-AUGMENTED ORG

§ 3

OpenClaw and the Lobster Wave

What an Agent actually is, and why this wave caught fire.

An AI Agent — what it actually is.

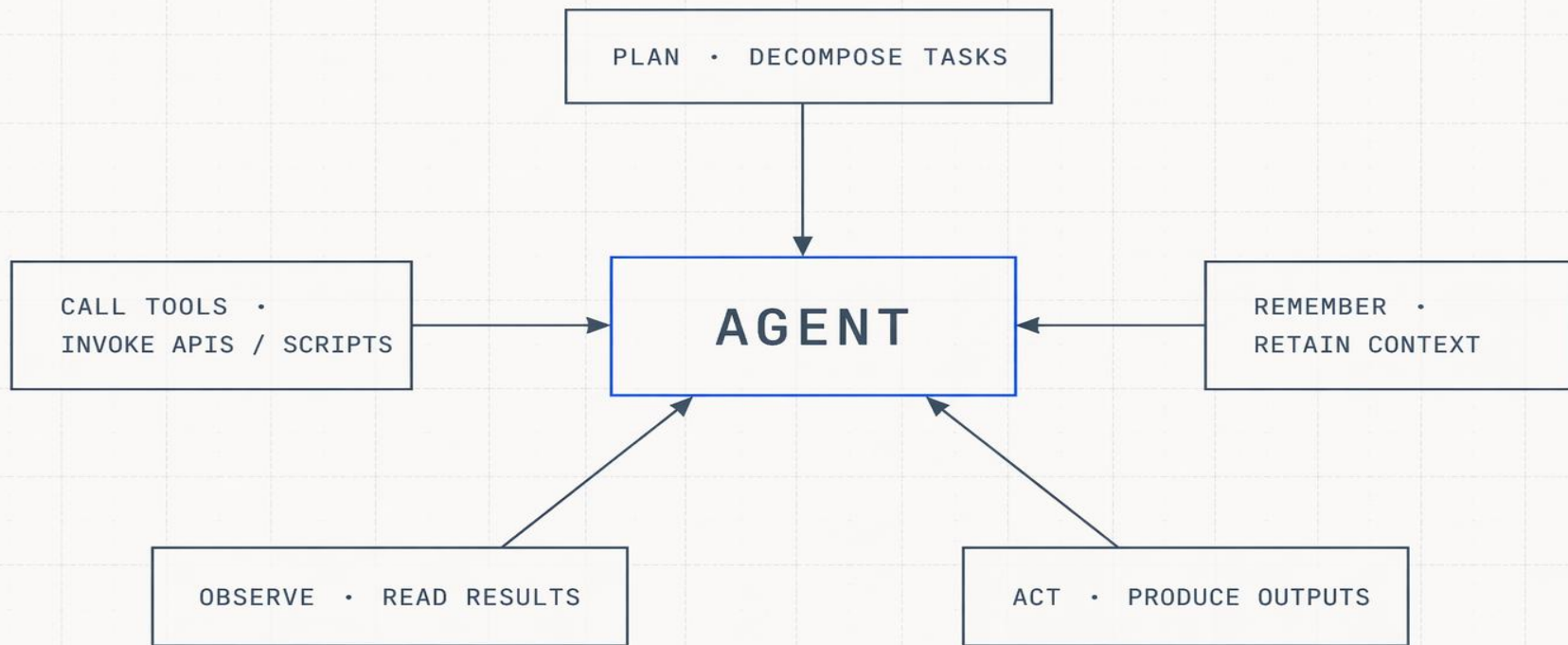


FIG. 3 · AGENT ANATOMY

OpenClaw vs domestic Lobster-type tools.

DIMENSION	OPENCLAW (OVERSEAS)	DOMESTIC LOBSTER
Model & Data	Richer overseas ecosystem; compliance + access boundaries	Localized services and data pipelines
Product Form	Modular, skill-oriented, professional workflows	Packaged, ecosystem-integrated, mass-friendly
Onboarding	Requires workflow literacy	Faster start; feels like an all-in-one assistant
Primary Risk	Permissions, data egress, compliance	Over-encapsulation, opacity, ecosystem lock-in

TABLE 1 • AGENT TOOL CLASSES

Don't ask which tool is better.
Ask: different maturity, different risk.

Different agent tools serve different user maturities and different risk boundaries.

The right answer is rarely a single tool — it's a portfolio.

§4

Practical Workflows

Four workflows, four different capabilities. Plus the playbook.

Atomic Skills — break a business SOP into composable pieces.

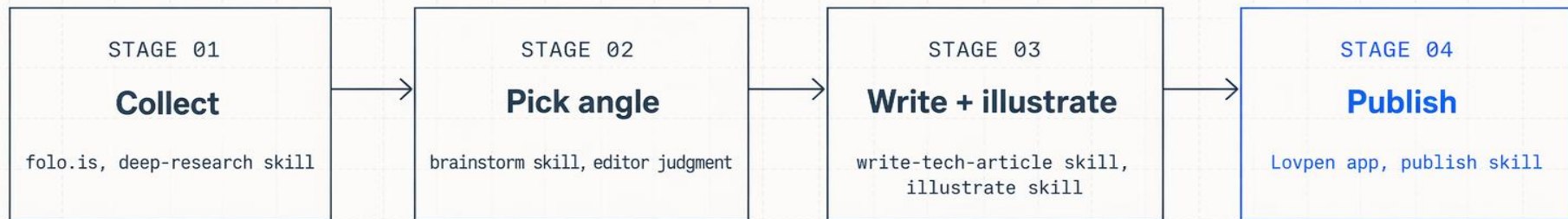


FIG. 4 • CONTENT CREATION — SOP DECOMPOSED INTO 4 SKILLS

The unit of automation is a skill — one per SOP stage, each independently versioned and replaceable.

Atomic Skills — break a business SOP into composable pieces.

v0.60.20

[Home](#)
[Agent](#)
[Products](#)
[Events](#)
[Blog](#)
[About](#)
[Forge](#)

3,700

All (26)
Free (20)
Pro (6)

All Categories
General
Design
Office Automation
Business
Content Creation
Academic

#	Skill	Category	Description	Action
01	Any → PDF ✦ Editor's Pick	Office Automation	Typeset Markdown into a publication-quality PDF with 14 built-in themes	🔗 📄
02	Any → Slides ✦ Editor's Pick	Office Automation	Turn any content into a styled slide deck – 16 looks, export to PPTX or PDF	🔗 📄
03	Any → Word ✦ Editor's Pick	Office Automation	Convert Markdown into a clean, professionally styled Word document	🔗 📄
04	Book Writer 👑 PRO	Content Creation	Write a full multi-chapter book – technical, tutorial, or monograph – from an outline	🔗 📄
05	Contract Review ✦ Editor's Pick	Business	Review a document or contract and return it with inline comments	🔗 📄
06	Contract Review Pro 👑 Industry Pick	Business	Professional-grade contract review – four-layer methodology, structured comments with risk levels, summary, opinion, and business flowchart	🔗 📄
07	Deep Research	Content Creation	Produce citation-tracked research reports with persistent evidence, claim verification, and Markdown/HTML/PDF packaging	🔗 📄
08	Document Illustrator	Content Creation	Illustrate a long document in place – plan, generate, and insert images automatically	🔗 📄

插件
技能

让 Codex 按你的方式工作

全部

PDF

Create, edit, and review...

+

Playwright

Automate real browsers...

+

Image Gen

Generate or edit images... ✓

OpenAI Docs

Reference docs, choose... ✓

Plugin Creator

Scaffold plugins and... ✓

Skill Installer

Install curated skills from... ✓

1password

Set up and use... ✓

A Stock Analysis

A股实时行情与分时量能... ✓

Agent Browser

Browser automation CLI... ✓

Aminer Data Search

使用 AMiner 开放平台 A... ✓

Architecture Designer

Use when designing ne... ✓

Autoglm Browser Agent

智能浏览器自动化代理,可... ✓

AI+ or +AI — where AI sits in the stack changes the output.

NOVICE • one-shot generation

gpt-image-2 / nano-banana-pro

one prompt → one bitmap

Iterate by re-prompting. Style drifts. Layout uncontrollable.

EXPERT • layered composition

LAYOUT • AI-generated HTML (rendered to image)

COPY • editorial line + headline polish

ILLUSTRATION • text-to-image (multi-candidate)

COMPOSITION • orchestrated mix of HTML + bitmap APIs

FIG. 5 • CONTROL × VISUAL FIDELITY • ONLY THE LAYERED STACK GIVES YOU BOTH

Mix AI-generated HTML APIs (controllable) with AI image APIs (expressive) — across layers.

AI+ or +AI — where AI sits in the stack changes the output.

The image displays three mobile app screens and a desktop web browser interface, all showcasing an AI event invitation.

Mobile App Screens (Left to Right):

- OpenClaw Meetup:** Features a dark theme with orange accents. The header reads "OPEN CLAW". Below, it lists a "QUEST ROSTER" and "NEONCLAW GAME".
- OPENCLAW OPC DAY:** Similar dark theme with orange accents. It lists a "QUEST ROSTER" and "NEONCLAW GAME".
- CLAW SUMMIT:** Features a dark theme with orange accents. The header reads "CLAW SUMMIT". Below, it lists a "QUEST ROSTER" and "NEONCLAW GAME".

Desktop Web Browser (Right):

The browser shows the "forge-ep03-invite.lovestudio.ai" website. The URL bar contains the text: "forge-ep03-invite.lovestudio.ai/?inviter=Audi+China&inviter_id=Audi+China&offer=0".

The page title is "EP03 INVITE POSTER". The main heading is "手工川 AI 创造营第三期 · 邀请海报".

The page content includes:

- PRIVATE INVITE · 专属邀请**
- Audi China 诚邀您共赴 手工川 AI 创造营第三期**
- 专属邀请: 报名通道已开启**
- 手工川** logo
- 520 Specialized**
- EP.03 · 2026.05.20-21 · SHANGHAI** 线下 8 小时 · 连续两晚
- 手工川 · AI 创造营第三期**
- 三步创作法**
- 蒸 化 发**
- 520 不只谈爱, 也谈谈爱如何被 AI 放大。**
- 两个夜晚, 把素材、灵感和表达能力, 炼成一套可复用的AI 创作 workflow。**
- DATE: 05.20 / 21**
- TIME: 19-23**
- VENUE: 上海双会场**
- PROCESS: 填表后联系**

The right sidebar contains the "INVITE · 填写邀请信息" section, which includes:

- 邀请海报** (selected), **易拉宝**, **学员证书**
- 邀请人昵称 (可选)**: Audi China
- 邀请码 (可选)**: Audi China
- 被邀请人 (可选)**: 默认「您」
- 启用专属优惠**: 关闭后展示为常规受邀报名, 只同步邀请来源。 (toggle off)
- 优惠力度 (%)**: 10
- LIVE PROMOTION 受邀报名**: 邀请来源已同步
- 当前海报展示常规受邀报名, 二维码会同步邀请来源。**
- 想匿名邀请时, 只填邀请码即可生成通用邀请海报; 报名二维码仍会同步邀请来源。**
- 下载 JPEG 图像** (dropdown menu)
- 复制图片**, **复制链接**, **系统分享**

Iteration — real client work is a loop, not a line.

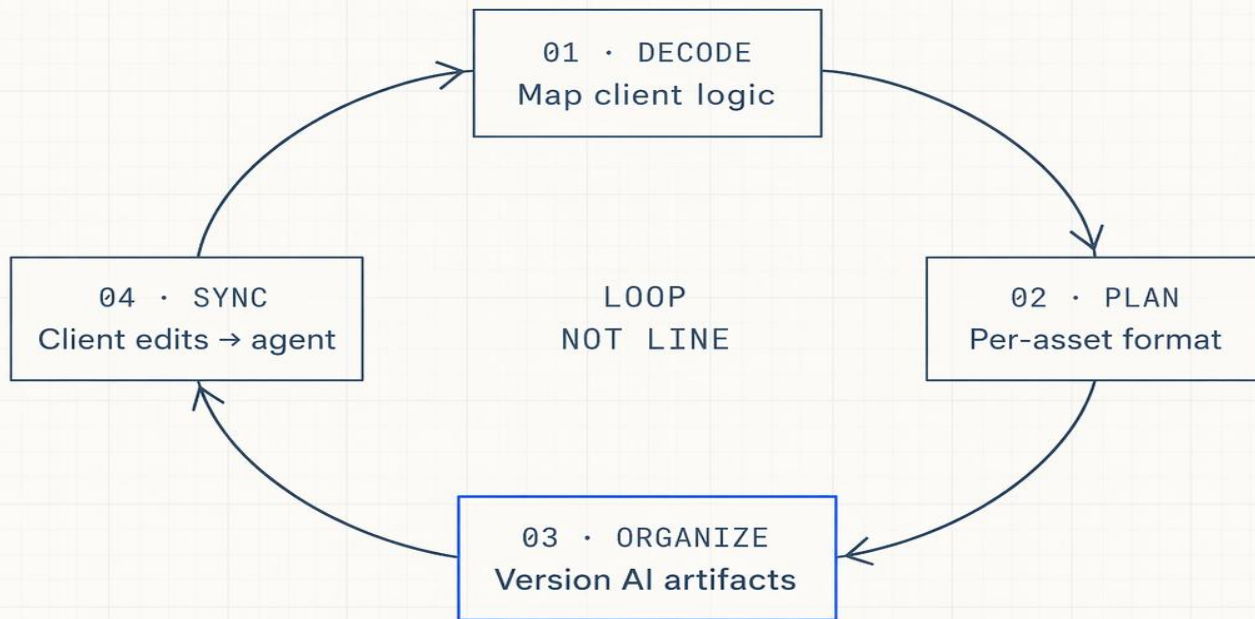


FIG. 6 · DELIVERY ITERATION LOOP

AI speeds production. Leverage lives in the loop around it.

Iteration — real client work is a loop, not a line



FIG. 6 · DELIVERY ITERATION

AI speeds production. Leverage lives in the loop.

2026-04-14-张铭悦-围棋友谊赛 / 围棋设计

33 rounds 1/1

原工作目录已不存在

/Users/mark/lovstudio/vault/events/2026-04-14-张铭悦-围棋友谊赛

历史可正常查看，但其中的相对路径无法解析、resume 也会失败。可能是项目被移动或重命名。

重定位...

#1

@制作清单.xlsx请结构化整理该制作清单里的物料

<cu_window_hints>The user is pointing at: window "制作清单.xlsx" (already open; pass com.kingsoft.wpsoffice.mac to request_access). Take a screenshot to find it — do not open_application for it.</cu_window_hints>

#2

我需要你把这个excel文件里粘贴的图片都以文件形式结构化整理

#3

基于此，你生成一份用于今年能依次（或独立并行）生成所有这些物料的prompt，要求仅对用户暴露一个主视觉修改参数，尽可能好看贴合今年主题，技术上以我的直觉，也许你应该基于nano-banana-pro或者gpt-image-2生成底稿，接着再提供某种技术能实现上层文字的修改（另一个输入）与图片导出能力

#4

请按 ./物料生成-prompt.md 生成本届"校友京华杯"的全部物料。

主视觉参数：

11 行省略 · 双击展开

3. 基于名单与台次，批量渲染成品，存入 ./output/成品/{X展架,桌签,胸牌,台次卡}/

4. 生成一张索引缩略图 contact-sheet.png 便于我核稿

#5

A

#6

1,2, 暂时不用换

向此对话发送消息

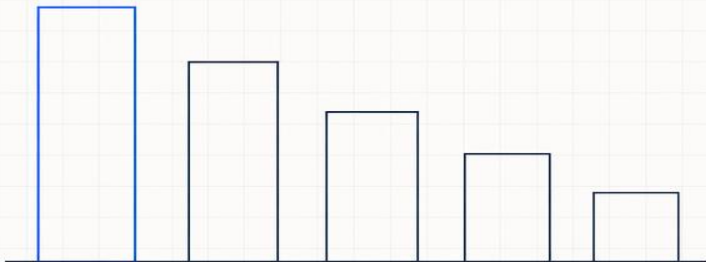
169 -1236

Tokyo, JP

5月27日 周三 14:48:12

Alignment — let the sprinters run, build a market for what they ship.

ADOPTION VELOCITY · ACROSS SAME ORG



Inside every org, a few people sprint ahead.

Most of the team is still on the starting line.

Don't slow the sprinters. Channel what they ship.

FIG. 7a · THE ORGANIZATIONAL GAP · AFTER WANG WEI / @ONEVCAT

Internal Skill Marketplace

01 · PUBLISH

- Fast adopters upload skills they wrote
- Each skill = a versioned, runnable artifact
- Source visible to the whole org

02 · REWARD ON OUTCOMES

- Adopters of your skill drive your reward
- Not token-burn. Not leaderboard rank.
- Measure value at the result end, not the input end.

03 · GOVERN

- Review, sandbox, certify before broad use
- Pull bad skills fast
- Keep audit trail for compliance

Token leaderboards measure the production end. Marketplaces measure the result end. Only one is honest.

Alignment — let the sprinters run, build a market for what they ship.

组织挑战：处理团队断层

实践推广大多是自下而上的——让高手带动团队



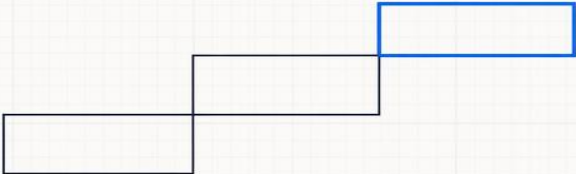
传统自上而下路径在这个周期里偏慢——等制度跟上，高手已经迭代三轮了

oad use

The dao is **simple**. The action plan fits in one paragraph.

THE DAO · MICRO-HABITS

AI-NATIVE · ONE STEP AT A TIME

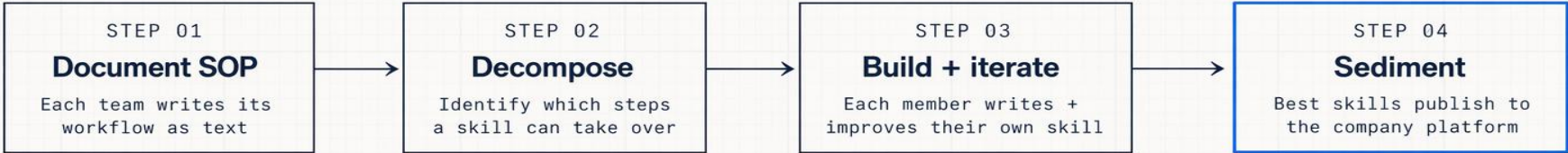


- 01 · AI is a habit, not a project. Use it every day, even for tiny things.
- 02 · Start where you already know the work. Then expand.
- 03 · Cross a small boundary each week. The walls fall in order.

REF · THE 7 WALLS OF AI ADOPTION · LOVSTUDIO.AI

THE ACTION PLAN · ORG ROLLOUT

From SOP to Skill to Platform



Like Dreame asking every employee to film videos — make skill-writing the default, not the exception.

FIG. 8 · ORG ROLLOUT · SOP -> SKILL -> PLATFORM

AI transformation is not adding more tools.
It's the organization learning to **sediment goals, knowledge, workflows, and guardrails into reusable assets.**

真正的 AI 转型，不是让每个人多装几个工具，
而是让组织学会把目标、知识、流程和安全边界沉淀成**可复用**的工作方式。

搜索技能...

lovstudio-review-doc

已安装 本地 用户级 需审查

Review and annotate documents/contracts — output annotated docx with comments or tracked changes. Core: contract review (risk clauses, rights imbalance, vague wording, missing clauses); also general document review (grammar, logic, formatting). 批阅文档/合同 — 审阅任意文档并以批注或修订模式输出带标注的 docx。核心场景：合同/协议审查（风险条款、权利义务、模糊表述、缺失条款），也支持通用文档审阅（语法、逻辑、格式）。Trigger when: user asks to "审阅", "批阅", "批注", "review", "审查合同", "review contract", "review agreement", "annotate document", "check contract", "合同审查", "文档批注", or provides a document (.docx) for review.

估算 TOKENS

~2,002

字符数

6,327

快捷调用

0

尚未调用

行数

188

健康与安全

技能包含可执行脚本或 hooks，启用前应审查

技能包含网络访问指令或代码

此安装由 Yoda 之外管理，不能在这里卸载

技能格式存在校验问题

内容哈希

bee26fdc0217

文件数

6

总大小

29.7 KB

校验

Spec: unknown frontmatter field(s): version
/Users/mark/.agents/skills/lovstudio-review-doc/SKILL.md

正文

review-doc — Review & Annotate Documents / 批阅文档与合同

AI-powered document and contract review. Outputs annotated docx with comments and/or tracked changes.

审阅文档或合同，AI 进行审查分析，将审查意见以批注（comment）或修订模式（track changes）写回文档，输出带批注的 docx。



lovstudio-review-doc

Name



CHANGELOG.md



README.md



scripts



annotate_docx.py



SKILL.md