

AI BEZ STRACHU - 2026

The Visual Encyclopaedia of AI for the Over-60s

80 accessible chapters. 10 friendly topics. AI for
experienced minds.

FREE 10-CHAPTER SAMPLE - AGE 60+

Inside this sample

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CHAPTER 01

What Is AI, Really?

AI stands for Artificial Intelligence — computer programs that can do things that usually require human intelligence. The AI you're hearing about today can read, write, answer questions, and hold a conversation. It's a tool, like a phone or a calculator, but far more flexible.

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Key ideas

- The most common AI today predicts the most likely next word — billions of times per second.
- AI has been around since the 1950s; what's new is how good it has become.
- You've already used AI: email spam filters, Netflix recommendations, and autocorrect are all AI.

CHAPTER 02

Why Everyone Is Talking About It

In late 2022, a program called ChatGPT was released to the public. It could have a conversation, write essays, answer questions, and help with almost any writing task. 100 million people tried it in the first two months — the fastest adoption of any technology in history.

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Key ideas

- ChatGPT reached 1 million users in 5 days. Facebook took 10 months.
- Within a year, every major technology company had launched a similar product.
- The change felt sudden, but it built on 70 years of computer science research.

CHAPTER 03

The AI You're Most Likely to Meet

ChatGPT (from OpenAI), Claude (from Anthropic), and Gemini (from Google) are the main AI assistants available today. They work through a web browser — no special software needed. You type a question, they answer.

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Key ideas

- ChatGPT: chat.openai.com — the most well-known AI assistant.
- Claude: claude.ai — known for careful, thoughtful responses.
- Gemini: gemini.google.com — integrated with Google services like Gmail and Docs.

CHAPTER 04

It's Not a Person

AI assistants can sound very human — friendly, thoughtful, even witty. But there is no person on the other end. The AI has no feelings, no memories between separate conversations, and no opinion beyond what it was trained to produce. Knowing this helps you use it well.

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Key ideas

- AI does not remember previous conversations unless explicitly given that ability.
- AI 'opinions' are statistical patterns, not genuine beliefs.
- You cannot hurt an AI's feelings — there are none.

CHAPTER 05

What AI Is Good At

AI excels at: writing first drafts of letters, emails, or cards; explaining things in plain language; summarising long documents; answering factual questions; translating languages; and giving you a starting point for any creative project.

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Key ideas

- AI can write a birthday card, a complaint letter, or a job application in seconds.
- AI can explain complex medical or legal language in plain English.
- AI can summarise a 50-page document into 5 bullet points.

CHAPTER 06

What AI Is Not Good At

AI makes things up — this is called 'hallucination'. It can state incorrect facts confidently. It doesn't know what happened after its training data cut-off. It can't make phone calls, access your personal accounts, or take action in the real world (unless specifically set up to).

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Key ideas

- AI hallucination: presenting false information as fact, confidently.
- AI training cut-off: most AI assistants don't know recent news events.
- Always verify important facts — medical, legal, financial — from a professional.

CHAPTER 07

How to Talk to AI

You talk to AI the same way you'd talk to a very helpful assistant: clearly and specifically. The more context you give, the better the answer. If the first answer isn't quite right, just ask it to try again or explain further.

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Key ideas

- Be specific: 'Write a thank-you note to my GP for their care during my hip operation' works better than 'write a letter'.
- Add context: 'Explain this in simple terms for someone with no medical background.'
- Ask follow-ups: 'Can you make that shorter?' or 'Add a warmer opening.'

CHAPTER 08

Getting Comfortable: Your First Week

Start small: ask AI to explain something you've wondered about, help you write a message you've been putting off, or summarise an article you found hard to read. One small success builds confidence for the next.

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Key ideas

- Good first prompt: 'Explain what inflation is in plain English for someone my age.'
- Good first task: 'Help me write a message to my neighbour about their noisy bin day.'
- Good first experiment: 'Summarise this NHS leaflet for me' — paste the text in.

CHAPTER 09

ChatGPT: The Most Famous AI

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Key ideas

- Access at chat.openai.com — no app download needed.
- Free tier: full conversation capability with slight slower speeds.
- Plus tier (£20/month): faster, smarter, can create images with DALL-E.

CHAPTER 10

Claude: The Careful AI

Claude (made by Anthropic) is known for being thoughtful and careful with its responses. It's particularly good at reading long documents — you can paste in an entire book chapter and ask questions about it.

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Key ideas

- Access at claude.ai — clean, simple interface.
- Claude can process very long documents — up to the equivalent of 150,000 words.
- Known for acknowledging when it doesn't know something, rather than guessing.