

AI BEZ STRACHU - 2026

The Visual Encyclopaedia of AI for the Over-75s

100 gentle chapters. 10 friendly topics. AI made
simple.

FREE 10-CHAPTER SAMPLE - AGE 75+

Inside this sample

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01 What Is AI, Really?

02 AI vs a Search Engine

03 How AI Answers You

04 How Many People Use AI

05 A Very Short History

06 The Family of AI Tools

07 What's Under the Bonnet

08 The Shape of a Chat

09 What It Can and Can't Do

10 Why It Feels So Clever

CHAPTER 01

What Is AI, Really?

The whole idea in one breath

Artificial intelligence, or AI, is a computer program that understands ordinary language and writes back a sensible reply. You type or speak a question, and it answers in seconds, like a very well-read assistant who never tires. It is a tool, not a person.

Key ideas

- AI stands for artificial intelligence — a clever piece of software
- You talk to it in normal words, not in computer code
- It answers in seconds, day or night, as often as you like

Did you know?

The most popular AI assistant, ChatGPT, is used by more than 900 million people every single week.

CHAPTER 02

AI vs a Search Engine

Two different ways to find out

A search engine like Google hands you a list of websites to read through yourself. An AI assistant reads the equivalent for you and replies with one plain answer you can question further. Search finds; AI explains.

Key ideas

- A search engine gives you links; AI gives you a written answer
- You can ask AI to explain again in simpler words
- AI remembers what you just said, so you can keep the thread

Did you know?

You don't need special keywords with AI — a full, ordinary sentence works best, just like talking to a person.

CHAPTER 03

How AI Answers You

From question to reply

When you send a question, the assistant breaks your words into pieces it understands, compares them against everything it learned while being built, and predicts the most helpful reply one word at a time. All of this happens in a few seconds.

Key ideas

- Your question is read and understood before any answer is written
- The assistant builds its reply word by word, very quickly
- Most answers appear in just two or three seconds

Did you know?

AI writes rather like it's finishing your sentence — guessing the next sensible word, over and over, until the reply is done.

CHAPTER 04

How Many People Use AI

You're in a very large crowd

AI assistants went from curiosity to everyday habit in just a few years. Hundreds of millions of ordinary people now use them for letters, questions and company. You are joining a very large, very normal crowd.

Key ideas

- Over 900 million people use ChatGPT every week in 2026
- The main assistants are free to start, with no card needed
- You are never the oldest or the newest person learning this

Did you know?

More people use AI assistants each week than watch most of the world's biggest television events.

CHAPTER 05

A Very Short History

From lab to living room

The idea of a thinking machine is over seventy years old, but useful, chatty AI only reached ordinary homes in late 2022. Since then it has spread faster than almost any tool in history. Science fiction is now on your phone.

Key ideas

- The term 'artificial intelligence' was coined back in 1956
- ChatGPT opened to the public in November 2022
- By 2026 it sits inside phones, televisions and cars

Did you know?

ChatGPT reached one million users in just five days — faster than the telephone, the television or the internet itself.

CHAPTER 06

The Family of AI Tools

One idea, several assistants

There is not one single AI — there is a small family of them, made by different companies. They work in much the same way, so learning one teaches you all. The best known are ChatGPT, Claude, Gemini and Copilot.

Key ideas

- ChatGPT is made by OpenAI; Claude by a company called Anthropic
- Gemini is Google's assistant; Copilot is Microsoft's
- Learn one and the others feel familiar straight away

Did you know?

Some televisions, phones and even cars now have one of these assistants built quietly into them.

CHAPTER 07

What's Under the Bonnet

The hidden machinery

You never need to see the machinery, but it helps to know it exists. On top is the friendly screen you type into. Beneath sits the 'model' — the huge, patient reader that was shown vast amounts of writing while being built.

Key ideas

- The 'model' is the part that actually reads and writes for you
- It was trained on an enormous library of books and web pages
- You only ever touch the simple screen on top — the rest is hidden

Did you know?

Training one of these models can take months and thousands of powerful computers, all working together at once.

CHAPTER 08

The Shape of a Chat

A gentle back-and-forth

A conversation with AI is a loop, not a single shot. You ask, it answers, and if the answer isn't quite right you simply say so. Each turn gets you closer, exactly like talking something through with a friend.

Key ideas

- You're allowed to reply 'no, I meant this' as often as you like
- Each message remembers the ones before it in that chat
- The best answers usually come after two or three turns

Did you know?

You will not break anything by asking again — assistants are built to be corrected, endlessly and without complaint.

CHAPTER 09

What It Can and Can't Do

Knowing the edges

AI is wonderful at writing, explaining, summarising and brainstorming. It is weaker at knowing today's news, doing exact sums, and it should never replace a doctor or a lawyer. Knowing the edges keeps you safe.

Key ideas

- Brilliant for drafting letters, ideas and plain explanations
- Weaker on very recent events unless it can search the web
- Never a substitute for your doctor, lawyer or accountant

Did you know?

An AI can write a lovely birthday poem in seconds, yet stumble on simple long division — the opposite of most people.

CHAPTER 10

Why It Feels So Clever

The secret is sheer reading

The reason AI seems so knowledgeable is simple: it has read more than any human could in a thousand lifetimes. It has seen millions of books, articles and conversations. That vast reading is why it can chat about almost anything.

Key ideas

- It has effectively read far more than any person ever could
- That is why it can discuss cooking, history and health alike
- It has no true understanding — only very well-informed guessing

Did you know?

If you tried to read everything an AI was trained on, at one book a day, you'd need many thousands of years.