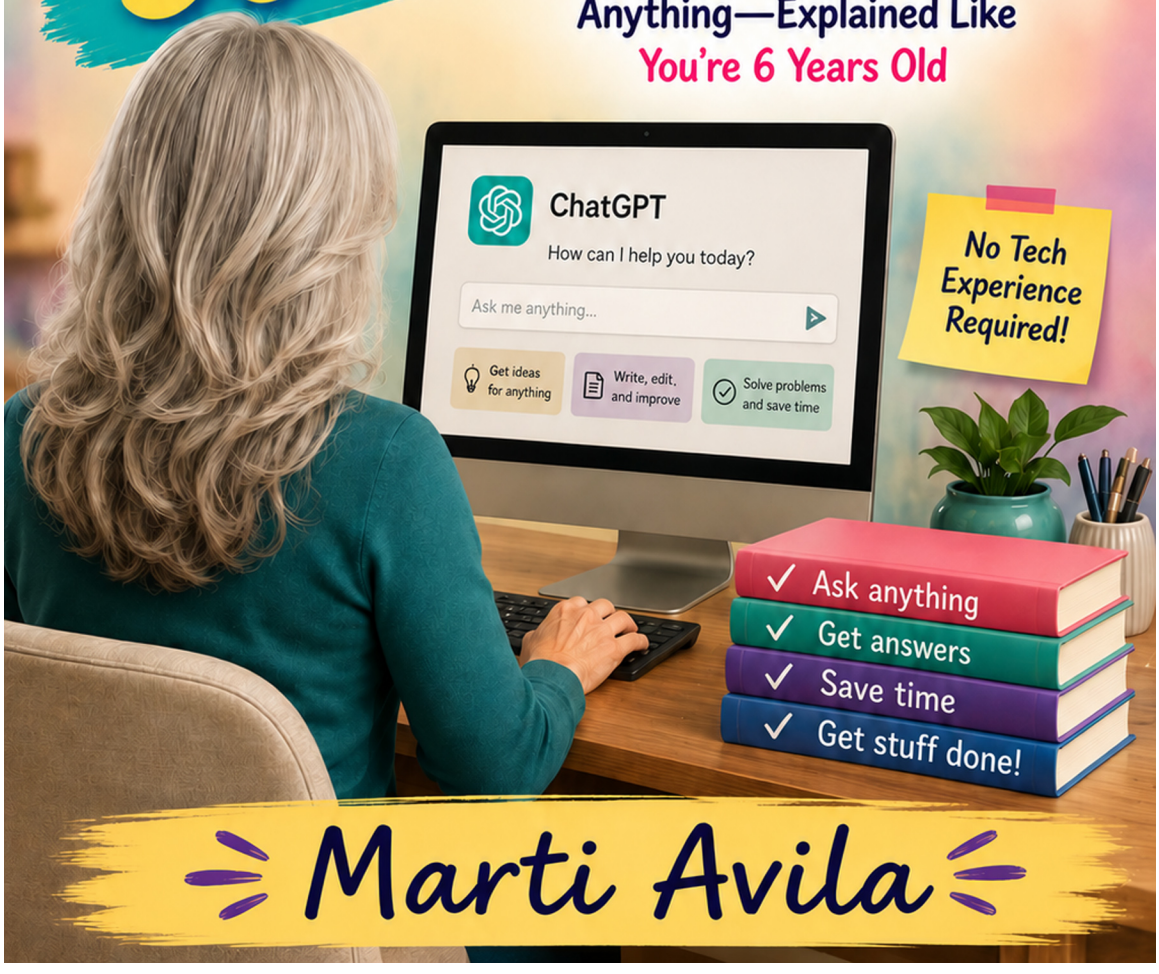
AI: WAIT TILL YOU SEE WHAT THIS THING CAN DO!

ESPECIALLY FOR WOMEN 50+

Goodbye Confusion & Overwhelm!

A Seriously Simple, Surprisingly Funny Guide to Getting ChatGPT to Help You With Just About Anything—Explained Like You're 6 Years Old



Marti Avila

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By Marti Avila

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1. Introduction

Welcome to Your New Helper

Hiya!

If you've opened this book because you've been hearing everybody talk about AI and ChatGPT and you're thinking: *"Okay... what's all the excitement about?"*

You are in exactly the right place. This is not a book filled with computer jargon, complicated technical explanations, or instructions that require a dictionary, three cups of coffee, and a teenage grandchild.

This is a simple, friendly guide to showing you what ChatGPT can actually do—and, more importantly, how to get it to help YOU.

We'll take this one conversation at a time. We'll keep it short. We'll keep it simple. And every chance we get... We'll have a little fun.

Because honestly, if we're going to learn something new, we might as well enjoy ourselves.

Ready? Let's see what this thing can do.

2. The 30-Second ChatGPT Lesson

1. Tell ChatGPT what you want.

2. Give it enough information to understand you.

3. Read the answer.

4. If you don't like it, tell it what's wrong.

5. Ask it to try again.

6. Keep talking until you get what you need.

That's the whole darn thing. 😂

Chapter 1

WHAT THE HECK IS AI?

AI, ChatGPT, GPT...HELP!

Let's start with the question that has probably crossed your mind:

What the heck IS AI?

You have probably heard about it everywhere.

AI is going to change the world!

AI is going to take everyone's job!

AI is going to revolutionize everything!

AI is going to write your emails!

AI is going to take over the planet!

Okay, everybody calm down. 😊

Before we start worrying about whether a robot is going to steal our jobs, our cars, or our good silverware, let's figure out what we're actually talking about.

So...what is AI?

AI stands for Artificial Intelligence.

In the simplest possible terms, AI is technology that can perform tasks that normally require some human-like thinking.

It can recognize patterns, understand language, analyze information, generate text and images, answer questions, help solve problems, and do a whole bunch of other things.

But here's the important part:

You don't need to understand HOW it does all that to use it.

You drive a car without knowing how to rebuild the transmission.

You use a microwave without understanding electricity.

You probably don't know exactly how your refrigerator keeps your ice cream frozen.

And that's okay.

You just need to know which button to push.

AI is the same way.

We're going to learn which buttons to push.

Now, What Is ChatGPT?

Here's where another bunch of letters gets thrown at us.

ChatGPT.

Not Chat GBT.

Not ChatGTP.

Not Chat Gee...whatever.

BTW… I CALL MY CHATGPT "BESTIE" AS WELL AS YOU, MY READERS. I HOPE YOU DON'T MIND.

ChatGPT is an AI assistant made by OpenAI.

You can have a conversation with it by typing what you want into the chat.

You ask it something.

It responds.

You can then ask another question.

You can tell it that you don't like the answer.

You can give it more information.

You can ask it to try again.

In other words...

You can have a conversation with it.

And that is one of the things that makes ChatGPT so different from the way many of us are accustomed to using computers.

But What Does “GPT” Mean?

Here's your chance to learn a very impressive piece of information that you can casually drop into conversation someday.

GPT stands for Generative Pre-trained Transformer.

Go ahead.

Say it out loud.

Generative. Pre-trained. Transformer.

Impressive, isn't it?

Now forget about it.

Seriously.

You do **not** need to memorize those three words.

You don't need to understand the technical details of how a transformer works.

You don't need to become an artificial-intelligence engineer.

If somebody asks you what GPT stands for, you can tell them.

If you forget five minutes later, **I promise the AI police will not come knocking on your door.**

What matters to us is what ChatGPT can actually **do for you.**

AI Is a Tool

Here's a way to think about it.

Imagine you had a very smart assistant sitting at your kitchen table.

You could say:

“I need to write a letter.”

And your assistant would say:

“Sure. Tell me what you want to say.”

You could say:

“I need to plan a vacation.”

And your assistant would say:

“Great. Where do you want to go?”

You could say:

“I don't understand this letter I received.”

And your assistant would say:

“Let me explain it.”

You could say:

“I have twelve things to do today and absolutely no idea where to start.”

And your assistant might say:

“Okay. Let's make a plan.”

That is one useful way to think about ChatGPT.

It can be a thinking partner, writing helper, explainer, brainstorming buddy, organizer, tutor, research assistant and a whole lot more.

Is it perfect?

No.

Is it always right?

Absolutely not.

Does it sometimes misunderstand what you mean?

Oh, yes.

Welcome to the club. 😂

That's why we're going to teach you how to **work with it** instead of simply accepting everything it tells you.

Here's the Really Important Part

You may be thinking:

"**Okay, this sounds interesting. But what am I supposed to DO with it?"**

Excellent question.

And that is exactly what this book is going to teach you.

We're not going to spend the next 40 pages explaining computer science.

We're going to show you **what you can actually do with ChatGPT in everyday life.**

You'll learn how to:

- Ask it questions
- Have conversations with it
- Get it to explain confusing things
- Write and rewrite things
- Organize your thoughts
- Brainstorm ideas
- Make plans
- Learn new things
- Solve problems
- Compare choices
- Come up with ideas you hadn't considered
- And discover some things you probably never imagined asking a computer to do

And we're going to do it one little step at a time.