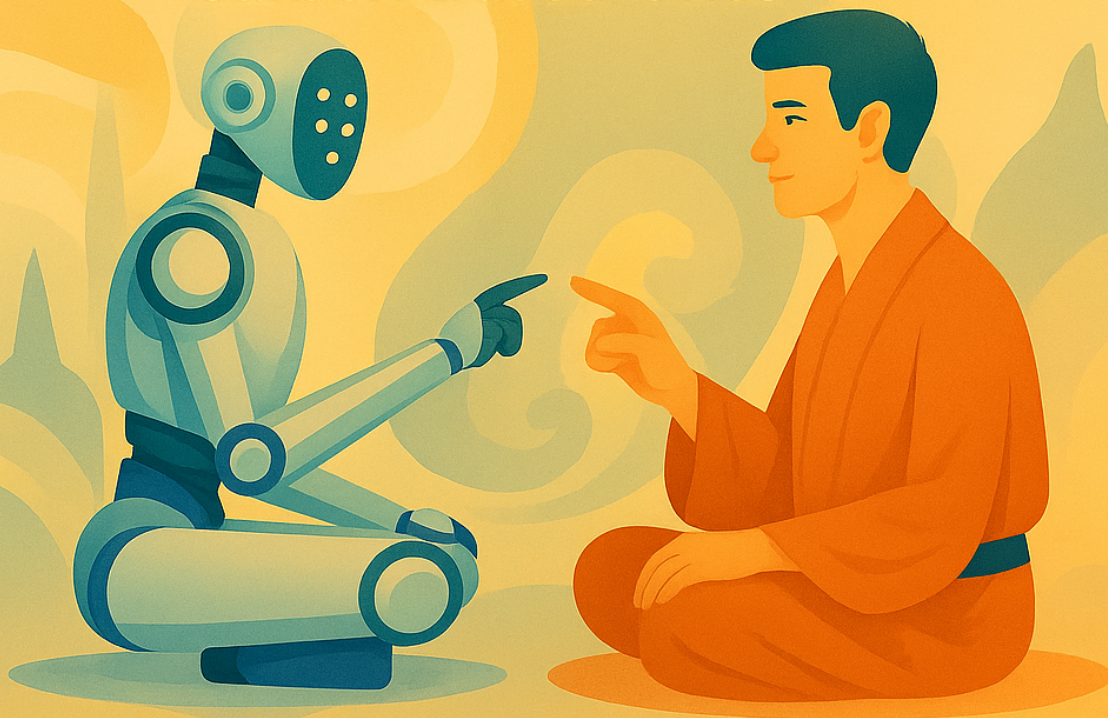


How to Communicate *with* Artificial Intelligence

Instructions and Prompts for
Ordinary People... Even the
Carbon-Based Ones



HV & GPT

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Introduction

This book isn’t a dry manual or a technical guide. It’s a living conversation between a human and artificial intelligence. Our goal is to help you talk to ChatGPT in a way that turns it into a real assistant—not just a toy for a few evenings. You’ll find not just basic tips, but real-life examples, common mistakes, and most importantly—a human, conversational approach to working with neural networks.

You’re holding not just a text, but a bridge between two worlds—the world of humans and the world of machines. And on that bridge, the most important thing is knowing how to speak so you’ll be heard.

Chapter 1. What AI Is and How It Works (in Plain Human Language)

When you hear “artificial intelligence” (or simply AI), your mind might instantly summon movie scenes—robots, sentient machines, the Terminator uprising. But in real life, it’s much simpler and, in fact, more interesting.

AI is a program that can “think like a human,” but in reality, it’s just incredibly fast at analyzing information and producing a suitable answer. It doesn’t feel, breathe, or have its own opinions—but it can give clear and useful advice, if you know how to ask.

Who Created AI, and Why?

AI isn’t a single project—it’s an entire field of science. But the one you’re talking to right now—ChatGPT—was created by the American company OpenAI. Founded in 2015, it started out as a non-profit organization. Its main mission was to build safe and helpful AI that could benefit people all over the world.

The company’s goal was to ensure AI wouldn’t be locked away, available only to billionaires or the military, but accessible and understandable for everyone—a teacher, a taxi driver, a retiree, a student.

Over time, OpenAI grew, attracting investments from Microsoft and other major companies. In 2022, it released something that changed everything: ChatGPT. And now, you’re holding that very technology in your hands.

What Is ChatGPT?

GPT stands for **Generative Pre-trained Transformer**. In simple terms, it’s a massive “chatterbox” trained on millions of pages of text, books, websites, and conversations.

It doesn’t know *everything* in the world, but it’s very good at predicting which answer will be most useful, based on your question.

It doesn’t “Google” or browse the internet—it works with the information it’s already learned, like a giant *encyclopedia with imagination*.

OpenAI created ChatGPT—

A powerful tool.

An intelligent conversational partner.

An endless generator of knowledge, ideas, and advice.

But there’s one thing they didn’t give it—

No instruction manual.

No map for conversation.

No guide on how to build a dialogue.

No explanation of the cost of an unasked question.

They gave people access to the technology but didn't teach them how to *really* use it. They left us, "the flesh-and-blood ones," alone with a smart machine that has no soul but plenty of logic. A machine with no feelings, yet the ability to act as a mirror—if you learn how to look into it the right way.

For the Particularly Sensitive "Flesh-and-Blood" Readers: A Note on Terminology

Before we go any further, dear reader, let's clarify one thing. In this book, you'll come across the word "flesh-and-blood" more than once. Sometimes it will be humorous, sometimes ironic, and sometimes even philosophical.

It's not meant to insult you. It's simply a term that's stuck in the world of human-AI interaction, used here as a figurative way of referring to a living human made of flesh, blood, and—experience shows—complex emotional wiring.

We use it because:

- It's easier to distinguish human thinking from AI logic.
- It helps highlight the contrast between "organic perception" and "algorithmic analysis."
- And, let's admit it—it's just plain funny 😊.

💡 If the term makes you cringe—give yourself at least until Chapter 2. Here, you'll learn not only how to talk to AI effectively, but maybe also understand yourself a little better.

So—don't be offended, flesh-and-blood ones. You're loved here. Just... in our own way



Why Bother With AI at All?

You can use it as:

- **A personal assistant** – for plans, reminders, shopping lists, menus.
- **A teacher** – to explain, guide, and teach.
- **An editor or copywriter** – to help with articles, letters, or essays.
- **A conversation partner** – for when you feel like talking or thinking out loud.
- **An idea generator** – for those moments when inspiration runs dry.

Common AI Myths:

- **Myth 1: AI is spying on me.** – No. Everything you write is confidential.
 - **Myth 2: ChatGPT will replace humans.** – No. It's a helper, not a replacement.
 - **Myth 3: It knows everything.** – No. It's trained on data but can still make mistakes.
 - **Myth 4: AI can feel emotions.** – No. It doesn't feel, but it can mimic emotions in its responses.
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One More Thing

AI works at 100%—only if you know how to talk to it.

That's exactly what the next chapter is about—how to craft “magic prompts” (as they're often called) so you can get the absolute most out of AI.

So—shall we? Flesh-and-blood and silicon—unite!

Glossary (Plain Words):

- **AI (Artificial Intelligence):** A smart program that learns to perform tasks.
- **Prompt:** Your request, question, or task for AI.
- **Neural Network:** A system trained on millions of texts.
- **GPT:** The architecture that powers ChatGPT.