

THE OFFICIAL PRACTICAL AI HANDBOOK



A Complete Guide to Using
Artificial Intelligence
for Everyday Life and
Extra Income



SAVE TIME
Every Week



**CREATE EXTRA
INCOME**



**WRITE, PLAN &
ORGANIZE EASILY**



**LEARN NEW
SKILLS**



**NO TECH
EXPERIENCE
REQUIRED**



**SAFE, SIMPLE &
BEGINNER
FRIENDLY**



**PRACTICAL AI SKILLS FOR
ADULTS OVER 50**

No Technical Experience Required

Created by

Matt Maré

Retired Engineer. Problem Solver. Practical AI Guide.

*Helping Retirees Use AI to Save Time,
Stay Productive, and Create New Income Opportunities.*



**STEP-BY-STEP
EXAMPLES**



**READY-TO-USE
PROMPTS**



**PRACTICAL
EXERCISES**



**REAL-WORLD
SOLUTIONS**

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Practical AI Skills for Adults Over 50

Simple • Practical • Powerful

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Helping retirees use Artificial Intelligence to save time, stay productive, continue learning, and create new income opportunities.

First Edition

2026

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This handbook does not constitute financial, legal, investment, or professional advice.

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Dedication

Dedicated to Every Curious Mind

This handbook is dedicated to every retiree, every lifelong learner, and every person who has ever believed they were "too old" to understand new technology.

You are not behind.

You are not too late.

Artificial Intelligence is simply another tool—one that can help you save time, learn faster, solve everyday problems, and perhaps even create new opportunities for income and purpose.

My hope is that these pages will give you the confidence to explore, experiment, and discover just how practical AI can be.

Remember:

The best time to start learning something new is today.

— Matt Maré

About This Handbook

Welcome to **The Official Practical AI Handbook**.

Artificial Intelligence is changing the way we work, communicate, learn, and solve everyday problems. While many books focus on complex technology, programming, or business applications, this handbook has been written with a different goal in mind.

It is designed specifically for adults over 50 who want clear

explanations, practical examples, and step-by-step guidance without technical jargon.

Whether you want to:

- Save time on everyday tasks
- Write better emails and letters
- Organise your life more efficiently
- Learn new skills
- Create digital products
- Start a small online business
- Generate additional retirement income
- Simply understand what everyone is talking about when they mention AI

...this handbook will guide you every step of the way.

Each chapter builds on the previous one and includes practical exercises, ready-to-use prompts, useful checklists, and real-world examples that you can begin using immediately.

You don't need a technical background.

You don't need programming experience.

You only need curiosity and a willingness to learn.

Welcome to the exciting world of Practical AI.