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Local Author Releases AI Guide for Ordinary People

CHATTANOOGA, Tenn. — As artificial intelligence rapidly reshapes everyday life, local author A. Sebesta hopes to help ordinary people feel a little less overwhelmed.

Sebesta has released a new book, *AI for the Curious and Confused: A Field Guide*, a short, conversational guide designed for readers who are curious about AI but intimidated by technical jargon and fast-moving headlines.

Rather than targeting engineers or tech experts, the book is written for everyday readers including parents, professionals, educators, and anyone trying to understand what artificial intelligence is and why it suddenly seems to be everywhere.

“There are plenty of books about AI written by experts,” Sebesta said. “This book is for the rest of us, the people nodding along in conversations about AI while quietly wondering if everyone else understands it better than we do.”

Using simple explanations, humor, and relatable analogies, the book helps readers understand concepts like large language models, AI hallucinations, and AI agents while exploring how artificial intelligence is beginning to reshape work, creativity, and daily life.

Sebesta’s background in education and adult learning heavily shaped the approach of the book, which focuses on helping readers build confidence rather than technical expertise.

“We don’t need everyone to become AI engineers,” Sebesta said. “But we do need thoughtful, informed people who understand enough to participate in the conversation and adapt to the changes happening around them.”

The book also encourages readers to engage with AI thoughtfully and responsibly, emphasizing human relationships, transparency, and curiosity over fear.

[*AI for the Curious and Confused: A Field Guide*](#) is available now through Amazon in paperback and eBook formats.

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