

HOW TO BUILD RELATIONSHIPS IN THE AGE OF AI

People, Attention, Trust, and Artificial Intelligence

AI can be part of our lives. But it should not become a substitute
for life itself.

A practical book about romantic, family, friendship, and workplace
relationships in the age of artificial intelligence

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ISBN 978-80-88576-62-4

1st edition. Published in 2026.

Written by Ivan

Published by: Ivan

www.digicentres.com

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INTRODUCTION – RELATIONSHIPS ENTER A NEW ERA

Artificial intelligence has become part of everyday life in a very short time. It helps us find information, write texts, translate, plan, learn, create, and solve problems. For many people today, AI is somewhere between a search engine, a teacher, an advisor, and a work assistant.

Yet every new technology also changes the way people communicate with one another. That is not a reason to panic. It is a reason to pay attention. Technology itself is not the enemy of relationships. A problem can arise when we begin using technology to replace something that needs a real person: conversation, listening, closeness, trust, touch, a shared experience, an apology, forgiveness, or simply being present.

This book is not being written to say: Do not use AI. Quite the opposite. Its purpose is to find ways to use AI so that it helps people live better lives, rather than gradually replacing those lives. In relationships, this distinction is fundamental.

We can ask AI how to communicate better with a partner. We can ask it to help formulate an apology. It can help us discover a new way to explain a complicated problem to a child. We can use it to prepare questions for an important conversation.

Vážení čtenáři, právě jste dočetli ukázkou z knihy ***How to Build Relationships in the Age of AI***.
Pokud se Vám ukázka líbila, na našem webu si můžete zakoupit celou knihu.