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A quick note from Tim

*Modern life – some say it's rubbish, some say it's great.
I say it's complicated...*

There are gadgets and fancy systems everywhere you look – from booking a doctors' appointment (and getting prescriptions) to renewing your car tax. From paying your council tax to doing your banking. From shopping to renewing a library book.

And then there are the gadgets you can use to do anything from read books to listen to music to watch TV to video call your family across the world. Often all without a wire in sight.

And you can't avoid it.

Even if you don't use this stuff, other people will be using it on your behalf. (Remember when the NHS got hit by the "WannaCry" cyber attack and couldn't access its records? It didn't matter if you never used a computer, it still affected you.)

So you have two options:

You could go and live in a cave (I'm being tongue-in-cheek, of course – but you could ignore all technology and pretend it's not there.)

OR you could work out which bits could be helpful to you and which bits just aren't your cup of tea. Then make use of the things that suit you.

For the cave option, you don't need this book.

For the second option, first you need to know about what's out there, what it's for, how it's changing the world and how it could help you. You could also do with knowing what to beware of and things that could affect you even if you don't use them.

Not just stuff like "what are smartphones?" or "what's the cloud?" (though that too). But things like what the threats are to using the internet nowadays, what you can actually use the cloud *for*, what services governments (national and local) offer on the web (or even insist you do

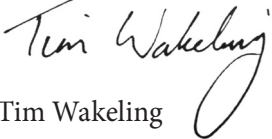
online), what on earth the “internet of things” is all about, how to learn online, how the internet is changing investing and choosing things like bank accounts and credit cards, how it affects holidays (it’s very much NOT just about booking online), and even the technology in modern cars (I know one person whose car emails her when it needs something – and it’s not some flash top of the range model, either).

That’s not all, of course – there’s plenty more. And most people simply don’t know this kind of thing. If you try to find it out, most explanations are designed for proper techies... and that’s the point of this book.

In it, you’ll discover all the above and more, but all explained nice and simply in plain English for ordinary, normal people. Without telling you that you should always have the latest, fanciest technology.

So, which is it to be? Book or cave?

Yours

A handwritten signature in black ink that reads "Tim Wakeling". The signature is written in a cursive style with a large, looping flourish at the end of the name.

Tim Wakeling