

Alchemy of Ages Asks What Humanity Will Become Alongside Artificial Intelligence

UNITED ARAB EMIRATES, August 13, 2026 /EINPresswire.com/ -- A new book, 'Alchemy of Ages', explores one of the biggest questions of the modern technology era: "Can human consciousness, ethics, and emotional maturity keep up with fast-moving AI technology?"

The book, set to launch internationally this year, argues that humanity's tools have advanced faster than our inner development. Machines can now reason and create, while many people feel more distracted and unsure of themselves than ever. 'Alchemy of Ages' calls this the "maturity gap" and calls it the real challenge of our time.

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The author's central message is simple: "We have built a world our minds were not prepared for."

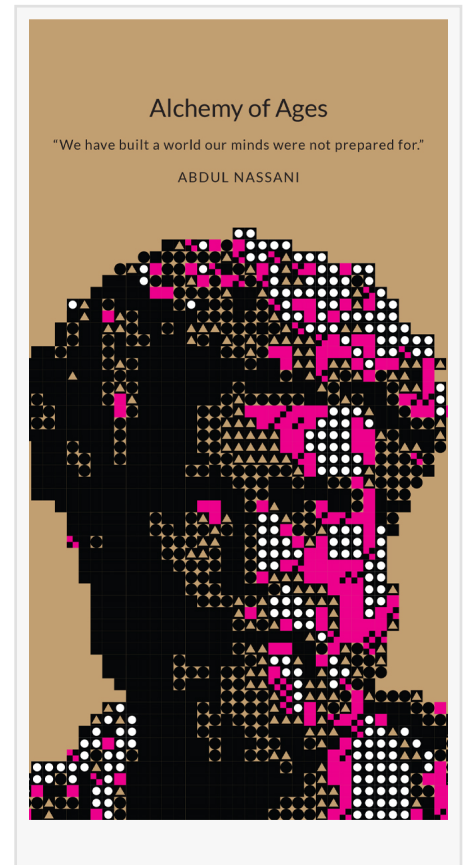
Information now moves faster than people can process it, and societies have grown beyond many of the systems that once helped keep them stable.

'Alchemy of Ages' describes this as a global stress test that is putting pressure on both our institutions and our psychology.

Rather than presenting artificial intelligence as either a savior or a threat, the book presents it as a mirror. AI reflects the qualities that humanity already carries. If people move through the world with anxiety and disconnection, technology will only make those things stronger. If people move through the world with clarity and kindness, technology can strengthen those qualities instead.

The book's argument is that the real question is not what artificial intelligence will become, but "what we will become alongside it."

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'Alchemy of Ages' moves between ancient wisdom from thinkers such as Rumi and Ibn Arabi, the clear and logical thinking of Greek philosophers such as Socrates and Plato, and modern scientific developments, including quantum physics and artificial intelligence.

It also looks closely at geopolitics and the shift from an industrial world built around physical resources toward what the book calls "Civilization 2.0" - an era shaped by data and distributed intelligence.

As part of this shift, the book points to the Gulf region, particularly the UAE and Saudi Arabia, as a rising center of influence. It describes the region as a kind of laboratory for the future. The book argues that the region has managed to build long-term stability and maintain a clear vision even as much of the world feels increasingly divided and uncertain.

The book also looks directly at everyday struggles such as information overload, loneliness, weaker communities, and declining trust in institutions.

Rather than treating these as separate problems, 'Alchemy of Ages' sees them as signs of the same underlying gap: the world is changing faster than people can adapt.

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'Alchemy of Ages' introduces what it calls the "Next Human."

The Next Human is not defined by inner steadiness. This is someone who combines the depth of the old world with the clarity of the modern world; scientific curiosity with ethical responsibility; and technological knowledge with genuine kindness.

The book treats kindness as much more than a personal quality. It presents kindness as a necessity for society, something people need to function well as the world becomes more complex and more automated.

As the book puts it, technology will intensify whatever humanity already is. The work ahead, therefore, is to become people worth amplifying.

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'Alchemy of Ages' also includes a practical section called "The Conscious Practices Toolkit", offering simple and accessible exercises designed to help readers improve their attention and make clearer decisions. The goal of this section is to give readers a set of small, repeatable habits that anyone can begin using right away.

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Artificial intelligence can now reason, create, and increasingly act on its own. At the same time, many societies are dealing with information overload and a growing feeling that people no longer trust each other or their institutions.

‘Alchemy of Ages’ argues that focusing only on what AI can do misses the more important question: “Can human beings grow fast enough in wisdom and character to handle the power they are building?”

The book positions itself as a practical guide aimed at helping readers develop what it calls the essential human qualities needed to live well in an intelligent age.

Abdul Nassani is a Syrian-born entrepreneur and business leader based in Dubai. Over more than two decades, he has built and managed companies across wellness, luxury hospitality, beauty, and technology. Abdul Nassani witnessed war and the destruction of his home country. His experiences of loss, migration, fatherhood, and rebuilding his life shaped the perspective behind ‘Alchemy of Ages’.

Nassani also created the “Biohacking ORB”, a device designed to help people disconnect from the constant speed and noise of modern life and reconnect with themselves.

He describes his approach as “thinking in reverse”, questioning assumptions that most people accept without examining them. He wrote ‘Alchemy of Ages’ to share this perspective, along with his own story, with readers who feel that the world is moving faster than the human mind can comfortably keep up with.

Abdul Nassani is also a father. Watching his own Child and their generation grow up surrounded by constant digital noise gave the book much of its emotional core.

In one chapter, the author describes many young people today as “Digital Orphans.” He uses the term out of concern for a generation being raised inside algorithms designed to capture their attention. The author asks what this environment means for their identity and their ability to build real connections.

Nassani does not describe himself as a traditional author. He sees himself as someone sharing an honest way of thinking shaped by his own experiences. He wrote this book to give a voice to the unspoken fears that many young people feel today.

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“The question is not what AI will become. It’s what we will become. The machines will do what machines do: accelerate, amplify, optimize, calculate. What they amplify depends entirely on us.”

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‘Alchemy of Ages’ is set to launch internationally as an ebook, with an initial release across Dubai and the UAE. The book will be available on Amazon and in select bookstores.

For updates, readers can follow the book at [@alchemyofages.book](#)

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