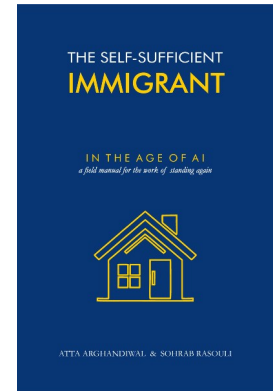


FOR IMMEDIATE RELEASE

NEW BOOK | IMMIGRATION, WORK, AND RESPONSIBLE AI

New Field Manual Connects the Work of Starting Again with Responsible Use of AI

Atta Arghandiwal and Sohrab Rasouli offer practical guidance for immigrants, refugees, restarting families, and the people who serve beside them.



AUGUST 2, 2026

The Self-Sufficient Immigrant in the Age of AI: A Field Manual for the Work of Standing Again, by Atta Arghandiwal and Sohrab Rasouli, is now available for immigrants, refugees, restarting families, educators, libraries, and organizations helping people build a steadier life in a rapidly changing economy.

The book begins with a practical reality: learning to use artificial intelligence is not the same as surrendering judgment to it. It presents AI as a tool for preparation, comparison, drafting, translation, learning, and organization. The reader remains responsible for protecting private information, verifying important answers, making consequential decisions, and preserving the human meaning of the work.

Rather than promising a shortcut, the book treats self-sufficiency as a rebuilding process. Its practical frameworks include the Stability Triangle - safety, competence, belonging, and trust - and the AI Judgment Card, which helps readers ask safely, protect personal information, and verify before acting.

The result is a field manual for people navigating unfamiliar systems while carrying responsibilities to family, work, education, and community - and for the teachers, librarians, workforce professionals, mentors, and organizations serving beside them.

What the book helps readers do

- Use AI for practical support without treating it as an authority.
- Protect privacy and verify information before important decisions.
- Build stability through safety, competence, belonging, and trust.
- Keep human judgment, dignity, and responsibility at the center of every tool-assisted task.

A book with a public-learning path

The ideas in the book also support university, library, community, and workforce conversations, as well as the AI Self-Sufficiency Lab. Led by Sohrab Rasouli, the Lab helps participants practice useful AI tasks while protecting privacy and keeping consequential decisions in human hands. Atta Arghandiwal contributes the book's lived-experience framework and human perspective. Organizations may inquire about book discussions, speaking, group use, or hosting a Lab.

Availability

The book is available now through Amazon, Books.by, Bookshop.org, Thalia, Rakuten Kobo, Vivlio, and Smashwords. Current retailer links are collected on the official AttaMoves book page.

MEDIA, INTERVIEW, CLASSROOM, OR SPEAKING INQUIRIES

Email: atta@attamoves.com | Media room: attamoves.com/media

Book information and purchase options: <https://attamoves.com/books/self-sufficient-immigrant-age-of-ai/>

About the authors



Atta Arghandiwal

Co-author · Human framework and lived experience

Atta Arghandiwal is an Afghan American author, speaker, humanitarian, and mentor. Born in Kabul, he served in the Afghan Air Force before leaving Afghanistan in August 1980 following the political rupture of the late 1970s and the Soviet invasion. After living as a refugee in Germany, he arrived in the United States in December 1981 with basic English and \$10. He began as a bank teller and built a 29-year banking career, rising to Senior Vice President and Regional Manager. His work connects memory, dignity, self-sufficiency, and responsible use of new tools.



Sohrab Rasouli

Co-author · AI practice and workforce systems

Sohrab Rasouli is an Afghan immigrant, AI product builder, founder of Noura, and co-author of *The Self-Sufficient Immigrant in the Age of AI*. His background in education and direct employment support shaped his understanding of how capable people can be blocked by complicated systems. He founded Noura to build supervised AI support for workforce organizations and their frontline teams without replacing human judgment. He also leads the AI Self-Sufficiency Lab, translating the book's principles into practical instruction on privacy, prompting, verification, and useful human-reviewed work.

For editors and producers

- Interview both authors about the book's different but complementary perspectives.
- Discuss privacy, verification, human judgment, and practical uses of AI.
- Explore classroom, library, workforce, community, or group-use conversations.
- Ask about speaking or hosting the two-session AI Self-Sufficiency Lab.

Downloadable biographies, approved photographs, book covers, interview topics, and verified public appearances are available in the [AttaMoves media room](#).

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