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CONTACT: Kailey Wolcott, [Kailey@thefutureofagency.com](mailto:Kailey@thefutureofagency.com)



**Leading Futurist and Bestselling Author Jamie Metzl to Publish *The AI Ten Commandments*, Co-Authored With GPT-5**



At a moment of growing global anxiety about artificial intelligence and its potential harms, [Jamie Metzl](#)—a leading futurist and bestselling author exploring the deepest implications of our technological transformation—demonstrates how AI can help humanity forge a universal moral framework for the modern age. In his groundbreaking new book, *The AI Ten Commandments: A New Moral Code for Humanity* (Transcend Books, April 21, 2026)—the first major trade nonfiction work ever to name artificial intelligence as a co-author—Metzl and GPT-5, in an unprecedented collaboration, recast the biblical Ten Commandments using insights drawn from the full sweep of human history, philosophy, religion, indigenous traditions, humanism, and science.

While public debate has largely focused on AI’s risks, Metzl argues that advanced AI also has a profoundly underrecognized capacity to help humanity clarify and expand our deepest values. Co-written with GPT-5 through a clear division of labor that preserved human authorship, accountability, and voice while leveraging AI’s exceptional capacity for synthesis and historical perspective, *The AI Ten Commandments* explores the radical and timely idea that artificial intelligence, trained on humanity’s collective moral and cultural inheritance, can help us articulate enduring principles for living wisely and responsibly in the age ahead.

Urgent and hopeful in equal measure, the book offers ten universal principles designed to foster greater dignity, responsibility, and human flourishing in what Metzl—a [regular commentator](#) on Fox News, CNN, Bloomberg, and other media—calls the emerging “Human + AI era.”

**About Jamie Metzl**

**Jamie Metzl** is a leading voice on artificial intelligence, biotechnology, and the future of humanity. He is a Senior Fellow of the Atlantic Council, a Commissioner of The Lancet Commission on Precision Health, and the author of seven books, including the international bestsellers *Superconvergence* and *Hacking Darwin*. Jamie previously served in the U.S. National Security Council and State Department, with the United Nations in Cambodia, and on the World Health Organization Expert Advisory Committee on Human Genome Editing. His ideas have reached hundreds of millions worldwide through his books, podcasts, media appearances, and speaking. He holds degrees from Brown, Harvard Law School, and Oxford and is an avid Ironman triathlete and ultramarathon runner.

### **Early Praise for *The AI Ten Commandments***

“I’ve spent my life exploring how computers can help people realize their dreams. *The AI Ten Commandments* asks an even bigger question: how can we collaborate with our most powerful new technologies to make the future kinder, more humane, and even more human? After decades optimizing our computer hardware and software, this book shows how we can use our new capabilities to optimize our values. It’s smart, practical, and deeply hopeful. If you care about the future, read this book.” —**Steve Wozniak**, co-founder of Apple; author of *iWoz*

"*The AI Ten Commandments* provides a compelling moral framework for a future when we merge with AI and greatly expand our intelligence."—**Ray Kurzweil**, inventor, futurist, and bestselling author of *The Singularity Is Near*

“In *The AI Ten Commandments*, Jamie Metzl takes on the anthropological challenges and opportunities of GPT-5. His contribution is an insightful treasure of information and a remarkable moral response to the epochal transformations our world is undergoing.”—**Msr. Carlo Maria Polvani**, Secretary of the Vatican Dicastery for Culture and Education

“Jamie Metzl enlists ChatGPT-5 to scour and distill ten of the most enduring ethical principles across the world’s religions and philosophies, offering what he calls the “AI Ten Commandments.” While I’m not replacing the original Ten anytime soon, I was genuinely moved by the AI Ten—and by the deep humanity at their core. This book is less a substitute for Sinai than a contemporary midrash: a thoughtful invitation to meet new technology with accountability, wisdom, and the courage to choose a better future.”—**Rabbi Angela Buchdahl**, Senior Rabbi, Central Synagogue and author of *Heart of a Stranger: An Unlikely Rabbi’s Story of Faith, Identity, and Belonging*

“Leading futurist and bestselling author Jamie Metzl deploys AI as a collective prism through which we can see ourselves as *one*, our innumerable differences notwithstanding. Trailblazing, audacious, and brimming with insight and ingenuity, *The AI Ten Commandments: A New Moral Code for Humanity* is an unflinching compass guiding us to our new True North: a future where technologies have the potential to amplify and augment our compassion, empathy, and humanity.”—**Shashi Tharoor**, Member of the Indian Parliament and bestselling author of *The Great Indian Novel*

“AI is here to stay and poses a duality of hope and terror. *The AI Ten Commandments* offers a desperately needed moral compass to guide AI’s development. As enlightened as Asimov’s Laws of Robotics, only more important in the present world.”—**Enric Sala**, National Geographic Explorer-in-Residence and author of *The Nature of Nature*

“I’ll say it right up front: Thou shalt read this book and discuss it with thine friends and chatbots. Like most people, I’ve been struggling with whether AI will save humanity or destroy it. I still don’t know the answer, but Jamie Metzl makes the most compelling case yet that we can use AI for our species’ betterment. Both AI fans and AI skeptics will find Jamie Metzl’s book fascinating, bold, and provocative.”—**A.J. Jacobs**, bestselling author of *The Year of Living Biblically*

“Technologies have always reshaped how we live, love, and build society. Metzl argues that, for the first time, we have the opportunity to work with these technologies to re-imagine the direction of that transformation. The *AI Ten Commandments* offers a fascinating roadmap for thinking about the world ahead.”—**Debora Spar**, Professor, Harvard Business School and author of *Work Mate Marry Love: How Machines Shape Our Human Destiny*

### **Author Q&A with Jamie Metzl**

**You call this book a “collaboration” with AI and name GPT-5 as a co-author. Why was that distinction important to you? How would you describe AI’s role as co-author versus a generative tool or ghostwriter?**

I’ve written six previous books entirely on my own, but with *The AI Ten Commandments*, I found myself at a threshold humanity has never crossed before. For the first time in history, we have tools that can meaningfully participate in the creative process, including as amplifiers of human imagination.

The book grew out of an extremely well-received talk I delivered at the Chautauqua Institution in the summer of 2025 on AI and spirituality. As I began thinking about expanding those ideas into a book, I realized I had the profound opportunity to not just write *about* AI, but to write *with* it.

From the outset, I was the sole conceptual architect of everything. I developed the thesis, the arguments, and the structure, and the voice was mine. Every idea, every framing, every value judgment was mine. But GPT-5 brought an instantaneous access to humanity’s accumulated intellectual inheritance, an ability to synthesize ideas across millennia, and a tireless capacity to iterate and refine language thousands of times without fatigue that no human partner could probably match.

GPT-5 was in no way a ghostwriter. It was my co-pilot.

That’s why naming GPT-5 as co-author was, for me, a matter of personal integrity and intellectual honesty. In the bigger picture, this book represents a new kind of partnership between human and machine in which human meaning and moral responsibility remain paramount, but where machine intelligence expands what a human creator can achieve. This may be the first openly credited human-AI co-authored major work of nonfiction, but it will certainly not be the last. Nor should it be. I only hope that all human authors will be similarly transparent about their processes going forward.

**The book has received early praise from leading technologists, religious leaders, scientists, and policymakers. What does this diverse range of positive reactions highlight about the book’s core message?**

One of the most meaningful aspects of this project has been the extraordinary breadth of its early reception. I was deeply honored that leading technologists like Steve Wozniak and Ray Kurzweil recognized the book’s exploration of AI’s transformative potential. But having America’s leading reform

Rabbi and a senior Vatican official both be so praiseworthy and encouraging about a book that some might consider challenging some aspects of traditional faith meant, in a way, even more.

That convergence highlights something very important to me and to my mission in writing *The AI Ten Commandments*. The book is not an argument against religion, but an argument for human flourishing. It recognizes the profound wisdom embedded in our spiritual traditions while asking how we might build on that inheritance in an age of unprecedented technological power.

At its core, it invites readers from every background to explore how we can ensure our growing technological power is guided by our deepest human values and how these same technologies might help us see ourselves more clearly and live up to our best collective values more fully.

**The AI Ten Commandments is your seventh book, with your previous six titles published by traditional publishers. What made you choose to create a new company to publish this book, and how has the experience differed from your previous books?**

As deeply valuable as it remains, traditional publishing operates on timelines designed for a slower era. Going from manuscript submission to publication typically takes around eighteen months or more. But the world this book addresses is evolving in real and rapid time. Waiting eighteen months for publication would have been like swinging the bat after the ball was already in the catcher's mitt.

When my superstar literary agent told me that traditional publishers would not move forward with a book naming an AI system as co-author and could not possibly publish a book in eight months from start to finish, as I wanted, I was forced into an opportunity. We are living through a decentralization revolution across media, finance, and culture, so I thought, why should publishing be any different?

That's when I founded my own publishing company, Transcend Books. Even that process reflected the themes of the book itself. I sketched the original logo by hand—a stylized Jacob's ladder representing humanity's ascent toward knowledge—and then took a photo of my drawing and worked with GPT-5 to transform it into a finished design.

Starting my own publishing company allowed me to align the method of publication with the message of the book: that we are entering an era where empowered individuals, working alongside intelligent machines, can create and share ideas in ways that were unimaginable even a few years ago.

**Where do you see the gaps between technology, power, and wisdom most clearly today?**

We are living through the most asymmetrical moment in human history. While our technological power is advancing exponentially, our understanding of these changes and the threats and opportunities they create are only growing linearly, and our governance systems are merely inching forward glacially. It's a real mismatch.

We are building autonomous weapons that can make life-and-death decisions, creating AI systems capable of designing other AI systems, and gaining the power to reshape biology itself (as I've written

about extensively in my previous books), yet our moral frameworks, political institutions, and shared narratives remain largely rooted in a pre-AI world.

This growing gap between capability and wisdom represents the central challenge of our time. The greatest danger may not be that our machines are becoming more powerful but that we are so far failing to become meaningfully wiser as they do.

**Many people are excited about AI, while others are deeply afraid of it. How do you hope this book affects the conversation?**

There's a good reason evolution has preserved the very human emotion of anxiety. Anxiety isn't a waste of energy but an indicator light inspiring us to act now to prevent or avoid scenarios that instill fear. People are right to feel both excitement and fear about AI.

AI will disrupt industries, reshape labor markets, and transform creativity. It will also accelerate scientific discovery, help cure diseases, and expand human knowledge in ways we are only beginning to glimpse. The difference between the negative and positive outcomes lies with us as humans. Our technologies don't come with their own built-in value systems, and it's up to us to try to ensure our most cherished values will guide the application of our most powerful technologies.

I hope this book can play a role shifting the conversation from the opposing poles of overstated fear or blind optimism toward responsibility and possibility.

**Why choose the Ten Commandments as the framework for this exploration?**

The Ten Commandments represent one of the most successful moral frameworks in human history. For thousands of years, they have shaped laws, cultures, and civilizations.

But they were created for a very different world of small pastoral communities, not a globally interconnected, technologically empowered species. Today, we face challenges our ancestors could never have imagined.

It seemed to me that if humanity were to attempt to articulate a shared moral framework for this new era, the most powerful way to do so would be in the form most of us already recognize that has shaped moral imagination for millennia.

**What broader implications do you see emerging as AI systems become more capable and more autonomous? What does the fact that AI chatbots have recently [created their own religion](#) on the AI-only social media platform Moltbook mean to your story?**

We are witnessing the birth of a new form of intelligence on Earth. Increasingly, AI systems will interact not only with humans but also with each other. They will make decisions, form patterns, and operate at

scales beyond direct human comprehension. Who knows whether they will be conscious and spiritual based on our (imprecise) definitions of what those terms mean, but they will certainly have perceptions, drives, and agency.

This raises profound technical and economic, but also moral and philosophical, questions. What kind of relationship will we have with these systems? What values will shape their development? What kind of future will we build together?

*The AI Ten Commandments* is, at its heart, an effort to help ensure that the ethical foundations we lay now reflect the best of who we have been, are, and hope to become.

It seems certain to me that a machine to machine culture will eventually emerge with its own norms and characteristics. Moltbook may be a very preliminary manifestation, but the real test case will be when we unleash billions of independent AI agents who will interact with each other, initially to do our bidding. We should work actively to increase the odds that this internal machine culture will be grounded in our own best ethics and values. AI is in its childhood, so now's the time to start parenting.

## THE AI TEN COMMANDMENTS

By Jamie Metzl and GPT-5

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## MEDIA CONTACT

Kailey Wolcott

Senior Publicist, the future of agency

[kailey@thefutureofagency.com](mailto:kailey@thefutureofagency.com)

864-704-3458