Simple explanation of what each tag in the provided CSS does:

1. *****: This is a universal selector that applies styles to all elements on the page. It resets the margin and padding to 0 and sets the box-sizing to border-box, which makes layout calculations easier.

2. **body**: This styles the main body of the webpage. It sets the font family to Arial, line height for readability, a light background color, and a darker color for the text.

3. **header**: This styles the header section of the page. It gives it a blue background, white text color, padding for spacing, and centers the text.

4. **header h1**: This specifically styles the main heading (h1) in the header. It removes the margin, sets a larger font size, and changes the text color to gold.

5. **nav**: This styles the navigation area, adding a margin at the top for spacing.

6. **nav ul**: This styles the unordered list (ul) inside the navigation, removing the default list style and padding.

7. **nav ul li**: This styles each list item (li) in the navigation to display inline (horizontally) with reduced margins between them.

8. **nav ul li a**: This styles the links (a) in the navigation, setting their color, removing underlines, and applying a transition effect for color changes.

9. **nav ul li a:hover**: This changes the link color to gold when the user hovers over it.

10. **main**: This styles the main content area. It adds padding, sets a maximum width, centers it on the page, gives it a white background, rounded corners, and a soft shadow.

11. **.profile**: This styles a profile section, centering the text and adding a bottom margin for spacing.

12. **.profile-picture**: This styles a profile picture to be circular, with a specific width and height, a border, and ensures the image fits well.

13. **main h2**: This styles h2 headings in the main content with a softer blue color and bottom margin.

14. **main h3**: This styles h3 headings in the main content to be centered and sets a specific font size.

15. **main p**: This styles paragraphs in the main content, adding a bottom margin for spacing.

16. **img**: This styles images to be responsive, ensuring they fit within their container while maintaining their aspect ratio, with rounded corners and margin.

17. **@media (max-width: 600px)**: This is a media query that applies styles when the screen width is 600 pixels or less. It changes the navigation items to stack vertically and reduces the font size of the header.

Overall, these styles are designed to create a clean, modern, and responsive layout for a webpage.