

## How to read this book

Read this book in order. Start from the introduction, then continue through each chapter. When you meet a new term, pause for a moment and make sure you can explain it in your own words before moving on.

Use TheoryTrace as a learning companion. Mark sections as read, create questions for yourself with Debunk me, and open explanation branches when a sentence feels too fast. Good learning is not just reading many pages; it is turning each idea into understanding that can be tested.

If a sentence, term, or equation is not yet clear, highlight it and use Explain to ask for a deeper explanation. After a part feels clear, use mark as read so you have a mental map of how far you have understood and which parts still need another look.

Use Debunk me as understanding practice. Try answering until you get a score of 100. A score of 100 does not mean you are done learning forever, but it is a sign that you have enough mastery of that part to continue with more confidence.

When the book uses equations or technical terms, read the definition first, then study the example. Once the example makes sense, return to the definition and check whether the example really satisfies it. This small habit makes learning faster and stronger.

# Document information

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