A FACT CHECK SERIES WORKBOOK

How to Fact Check Anything Yourself

Fact Check Series



A 10-Step Workbook for Telling What's True

Andrew Dominguez

Trinfinity Enterprises

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Contents

Before You Begin....1
Step 1: Stop Before You Share....3
Step 2: Find the Original Source....5
Step 3: Check the Date....8
Step 4: Rank the Source....10
Step 5: Read Past the Headline....13
Step 6: Check the Numbers....15
Step 7: Spot Edited Images and Video....18
Step 8: Check the Quote....21
Step 9: Fact, Opinion or Unknown?....23
Step 10: Rate the Claim Yourself....25
Practice Claims....27
Claim Check Worksheet....29
Practice Answers....30
Where to Find Original Records....32
Answer Key....33
About This Book....35

Before You Begin

A friend sends you a post that says something shocking. A relative repeats a number at dinner that sounds too big to be true. A video goes around showing a politician saying something outrageous. You want to know: is it true?

You don't need to be a reporter or a researcher to find out. You need a few habits and about ten minutes. That is what this little book teaches.

Every book in my Fact Check Series uses the same method. I find the original source, check the date, rank the source, read past the headline, check the numbers, and keep confirmed facts apart from opinions and unknowns. Then I give the claim one of four verdicts. I have used it on hundreds of claims and thousands of numbers, on subjects from the national debt to the Kennedy assassination to fentanyl. This book hands you the same tools.

How This Book Works

There are ten steps. Each one is short and ends with a few fill-in questions, a practice exercise with room to write, and one habit to try that week. The answers to the fill-in questions are at the back, along with how I would rate each practice claim.

At the back you will also find a one-page Claim Check worksheet you can copy and use again and again, and a list of places to find original records.

Three Promises

This book takes no side. The method works the same on a claim you like and a claim you hate. If it only ever proves your side right, you are doing it wrong.

This book won't make you an expert. It will make you harder to fool, which is more useful.

You will be wrong sometimes. So am I. The goal is not to never be wrong. It is to be wrong less often, and to change your mind when the evidence says so.

Step 1: Stop Before You Share

The most important step is the one most people skip. Before you share, repeat or argue about a claim, stop.

False claims spread because they make us feel something. Anger, fear, pride and disgust all make us want to pass a thing along right now. That rush is exactly when we are least careful. People who make things up for a living know this, and they write to set it off.

The ten-second pause

When a claim hits you hard, ask yourself three quick questions before you do anything else.

1. How does this make me feel? If the answer is “furious” or “vindicated,” slow down.
2. Do I want this to be true? We all check less carefully when a claim agrees with us.
3. Would I believe this if it were about my own side? Flip the names and see if your reaction changes.

Not every claim needs checking

You can’t check everything, and you don’t need to. Save your effort for claims you are about to share, claims you are about to act on, such as a health claim or a money decision, and claims that would change your mind about something important. For the rest, it is fine to say, “I don’t know if that’s true,” and move on.

Fill It In

1. Before you share, repeat or argue about a claim,

   _____. **(Step 1)**

2. False claims spread because they make us _____ something. **(Step 1)**

3. Would I believe this if it were about my _____? **(Step 1)**

Practice

1. Think of the last thing you shared or forwarded that turned out to be wrong, or that you never checked. What made you want to share it?

_____

_____

_____

_____

2. Think of a claim you heard this week that made you angry. Write it down. You will use it in later steps.

_____

_____

_____

_____

One Habit This Week Before you share anything this week, wait ten seconds and ask the three questions.

Step 2: Find the Original Source

Most claims reach you third- or fourth-hand. A post quotes a website that quotes a news story that quotes a study. Somewhere along the way the details get lost, rounded up or twisted. The fix is simple: go back to the beginning.

Ask "says who?"

Every claim has a source, even if it isn't named. When a post says "studies show" or "experts say," ask which study and which experts. If the claim names no source at all, that is your first warning sign.

Follow the trail

1. Look for a link or a name in the post or article.
2. Open it. Does it actually say what the post says it says? Often it doesn't.
3. If that page cites something else, follow it again. Keep going until you reach the original: the study itself, the government report, the court ruling, the full video, the actual law.
4. If you can't find the original, search for the most specific words in the claim, such as a number, a name or an unusual phrase, and add the word "report" or "study."

What counts as an original

The original is the thing itself, not a description of it. For a statistic, it is the agency or researcher who measured it. For a quote, it is the full speech, interview or document. For a law, it is the text of the law. For a court case, it is the ruling.

In the Fact Check Series I read the original wherever I can. When a government website would not load, I found another copy of the same document, such as a Congressional Research Service report on EveryCRSReport.com, instead of trusting someone's summary of it.

A real example

While writing Trade and Tariffs, I found one website that said a 2026 tariff had been raised to 15 percent the day after it was announced. Three other sources, including the Congressional Research Service, described it as 10 percent. Going back to the stronger, closer sources settled it, and I noted the conflict in the book's Build Record instead of quietly picking one.

Fill It In

1. Ask "_____?" Every claim has a source, even if it isn't named. When a post says "studies show" or "experts say," ask which study and which experts. **(Step 2)**

2. Keep going until you reach the _____: the study itself, the government report, the court ruling, the full video, the actual law. **(Step 2)**

Practice

1. Take the claim you wrote down in Step 1. Where did you first see it?

   _____

   _____

   _____

2. Follow the trail back as far as you can. List each source along the way, and say whether you reached the original.

_____

_____

_____

_____

_____

_____

One Habit This Week Click one link deeper than you normally would. Read the source a post cites before you believe the post.

Step 3: Check the Date

A true fact from the wrong year can mislead as badly as a lie. Old photos get passed around as if they were taken yesterday. A crime number from ten years ago gets quoted as if it were today's. A law that was struck down gets cited as if it still stands.

Three dates to look for

- **When was it published?** Look at the top or bottom of the article or report. If there is no date, be careful.
- **When did it happen?** A story published today may describe something from years ago.
- **What year is the data from?** Government numbers often come out a year or two late. A report published in 2026 may describe 2024.

Has anything changed since?

Some subjects change fast. Tariff rates in 2025 changed dozens of times. Drug laws, court cases and health rules change often. When a claim is about one of these, ask whether a newer report, ruling or law has replaced the one being quoted.

That is why every book in the Fact Check Series states a cutoff date at the front, and why every number carries its own year. When you repeat a fact, say when it was true. "In 2025, about 70,000 Americans died of drug overdoses" is a better sentence than "70,000 Americans die of overdoses."

Old photos and videos

If a photo or video looks like breaking news, check whether it appeared online before the event it claims to show. Step 7 shows how.

Fill It In

1. A true fact from the _____ can mislead as badly as a lie. **(Step 3)**

2. What year is the _____ from? **(Step 3)**

3. When you repeat a fact, say _____. **(Step 3)**

Practice

1. For your claim from Step 1, write down the publication date, the date of the event, and the year of any data.

_____

_____

_____

_____

2. Has anything changed since then? How could you find out?

_____

_____

_____

_____

One Habit This Week Every time you read a number in the news this week, look for the year it describes.

Step 4: Rank the Source

Not all sources are equal. A government data table, a peer-reviewed study, a news story and an anonymous post are not the same kind of evidence. The Fact Check Series ranks sources in five tiers, and you can use the same ladder.

Tier	What it includes	Examples
1. Primary and official	The government's own records, laws, court rulings and data	Census Bureau, Bureau of Labor Statistics, Centers for Disease Control and Prevention, court opinions, the text of a law
2. Nonpartisan analysis	Research groups that study an issue without lobbying for a side	Congressional Research Service, Congressional Budget Office, Pew Research Center
3. Scholarly	Research checked by other experts before publication	Peer-reviewed journals, university studies
4. Journalism and fact-checks	Reporters and fact-checkers, best used to point you back to tiers 1 to 3	Major news outlets, FactCheck.org, PolitiFact
5. Advocacy and industry	Groups that argue a side or sell a product	Useful to learn what a side claims; always labeled

Higher is usually better, not always

A tier 1 source is usually the best place to start, but governments make mistakes and sometimes spin. A tier 5 group may be exactly right on a fact. Ranking tells you how much checking a source needs, not whether it is automatically right or wrong.

Questions to ask about any source

1. Who runs it? Look for an "About" page. If you can't tell who is behind a website, treat it as low.

2. How does it pay for itself? A group funded by an industry may still be accurate, but you should know.
3. Does it show its work? Good sources link to their data and explain their methods.
4. Does it correct its mistakes? Reputable outlets publish corrections.
5. Does it only ever say one side is right? That is a sign of advocacy, not analysis.

What I never use as evidence

Social media posts, chain emails, anonymous websites and screenshots of text with no link. When a claim spread that way, I describe it, then check it against real records.

Fill It In

1. The Fact Check Series ranks sources in _____, and you can use the same ladder. **(Step 4)**
2. Ranking tells you _____ a source needs, not whether it is automatically right or wrong. **(Step 4)**
3. Does it _____? Good sources link to their data and explain their methods. **(Step 4)**

Practice

1. List every source you found for your claim. Give each one a tier from 1 to 5.

_____

_____

_____

_____

_____

_____

2. What is the highest-tier source you found? Does it support the claim?

_____

_____

_____

_____

One Habit This Week Before you trust a website you don't know, find its "About" page and learn who runs it.

Step 5: Read Past the Headline

Headlines are written to get clicks. They are often written by someone other than the reporter, in a hurry, with little room. Many people share an article after reading only the headline. Don't.

What to look for in the body

- **Does the story say what the headline says?** Often the body is more careful. A headline that says "Study proves" may describe a study that "suggests."
- **Who is being quoted?** Is it the researcher, or someone reacting to the research?
- **What's missing?** Look for the other side, the limits of the study, or the part of the number the headline left out.
- **Is it news or opinion?** Opinion columns, editorials and "analysis" pieces argue a view. That's fine, but they are not neutral reporting.

Watch the small words

A few small words change everything. "May," "could," "linked to," "up to," "as many as" and "some" all make a claim weaker than it first sounds. "Linked to" does not mean "caused." "Up to 50 percent off" can mean 5 percent off on most things.

A real example

A headline might say a new study shows a medicine "cuts deaths in half." In the study behind the Fact Check Series' book on drugs, overdose deaths were 59 percent lower for people on one medicine and 38 percent lower for another. Both are big. Neither is exactly "half," and the difference matters to someone choosing a treatment.

Fill It In

1. Many people share an article after reading only the _____. **(Step 5)**

2. "Linked to" does not mean "_____." **(Step 5)**

3. Is it news or _____? **(Step 5)**

Practice

1. Find a headline about your claim. Write it here, then write one sentence on what the article itself actually says.

   _____

   _____

   _____

   _____

   _____

2. List any small words ("may," "linked to," "up to") in the claim or headline.

   _____

   _____

   _____

One Habit This Week Read at least the first five paragraphs of any article before you share it.

Step 6: Check the Numbers

Numbers feel solid, which is why they are so easy to misuse. A true number can tell a false story. Here are the most common tricks, and the questions that catch them.

Compared to what?

"Ten thousand people" sounds like a lot. Is it out of a hundred thousand or out of three hundred million? Always ask for the total, the rate or the share. A big state will have more of almost everything than a small one, simply because it has more people. That is why the Fact Check Series uses rates "per 100,000 people" when comparing places.

Percent or percentage points?

If a tax rate goes from 10 percent to 12 percent, it rose by 2 percentage points, but by 20 percent. Both are true. People pick the one that sounds bigger or smaller, depending on what they want you to feel.

Average or typical?

An average can be pulled up by a few very large numbers. If one billionaire walks into a diner, the average wealth in the room jumps, but nobody else got richer. The "median," the middle value, often tells you more about a typical person.

Which measure?

The same word can mean different things. In Trade and Tariffs I explain that the "tariff rate" written in a law can be several points higher than the rate actually collected. When two people quote

different numbers for the same thing, ask whether they are measuring the same thing.

Starting point

Any trend can be made to look good or bad by choosing where to start. Ask why the chart starts where it does, and what it would show if it started earlier.

Does it pass the smell test?

Do quick math. If a claim says a program costs every American $10,000 a year, multiply by the number of people in the country and ask whether the total makes sense. Numbers that are off by a factor of ten or a thousand are more common than you would think.

Fill It In

1. _____? **(Step 6)**

2. If a tax rate goes from 10 percent to 12 percent, it rose by 2 _____, but by 20 percent. **(Step 6)**

3. The "_____," the middle value, often tells you more about a typical person. **(Step 6)**

Practice

1. Does your claim include a number? Write it down, along with the total or rate it should be compared to.

_____

_____

_____

_____

2. Try the smell test. Does the number make sense when you do the quick math?

_____

_____

_____

_____

One Habit This Week When you hear a big number, ask "out of how many?"

Step 7: Spot Edited Images and Video

Pictures feel like proof. They aren't, anymore. Photos can be edited, old photos can be relabeled, real video can be cut to change its meaning, and computer programs can now create realistic images, voices and video of things that never happened.

The most common trick is the simplest

Most misleading images are not fakes at all. They are real pictures with a false caption: a crowd from a different event, a storm from a different year, a protest from a different country. So the first question is not "is this fake?" but "is this what they say it is?"

Reverse image search

A reverse image search lets you upload a picture, or paste its link, and find where else it has appeared online. If the same photo shows up years earlier, or attached to a different story, you have your answer. Google Lens, which works with your camera, an image or a screenshot in the Google app or the Chrome browser, and TinEye Reverse Image Search are two tools that do this.

Checking a video

1. Find the longest, earliest version you can. Short clips often cut off what came before and after.
2. Take a screenshot of a clear frame and run a reverse image search on it.
3. Look for the original poster. Who shot it, and when?
4. Listen for context. What was said just before the clip starts?

Signs an image or video may be computer-made

These tools are getting better quickly, so none of these signs is proof either way. But look for hands, teeth, ears and jewelry that don't look right; writing in the background that turns to gibberish; lighting and shadows that don't match; skin that looks too smooth; and lips that don't quite match the words. Most of all, ask whether any trusted news outlet or official source has the same image or video. A real event of any size is usually recorded by more than one person.

Fill It In

1. They are real pictures with a _____. **(Step 7)**

2. So the first question is not "is this fake?" but "is this _____?" **(Step 7)**

3. A real event of any size is usually recorded by _____. **(Step 7)**

Practice

1. Pick a photo you saw shared this week. Run a reverse image search on it. What did you find?

_____

_____

_____

_____

_____

One Habit This Week Before you share a shocking image, run one reverse image search on it.

Step 8: Check the Quote

Fake and twisted quotes are everywhere. Some were never said at all. Some were said by someone else. Many are real words cut so short that they mean the opposite of what the speaker meant.

Four questions for any quote

1. Where and when was it said? A real quote has a time and place: a speech, an interview, a book, a hearing.
2. Can you find the full text or recording? Search for an exact phrase from the quote in quotation marks.
3. What came before and after? Read or listen to at least a few sentences on each side.
4. Did the person really say it, or did someone say it about them?

Famous people attract fake quotes

Inspiring lines get attached to famous names because a famous name makes them spread. If a quote sounds too perfect for the moment, and you can't find where the person said it, don't repeat it with their name on it.

My rule

In my books I quote a real person only when I can show where they said it. If I can't find the source, the quote stays out. You can use the same rule.

Fill It In

1. A real quote has a _____: a speech, an interview, a book, a hearing. **(Step 8)**

2. Search for an _____ from the quote in quotation marks. **(Step 8)**

Practice

1. Find a quote you have seen shared recently. Track down where and when it was said. Did you find it?

_____

_____

_____

_____

_____

One Habit This Week Don't repeat a quote with a name on it unless you know where it came from.

Step 9: Fact, Opinion or Unknown?

Most arguments mix three kinds of statements together. Pulling them apart is the single most useful thing you can learn.

- **A confirmed fact** is something the records show. “In fiscal year 2025, 84 percent of people sentenced in federal court for trafficking fentanyl were U.S. citizens.”
- **An interpretation** is what someone makes of the facts. “So the border isn’t the problem.” That may or may not follow. Reasonable people can read the same fact differently.
- **An unknown** is something the records don’t settle yet. “How many smugglers are never caught.” Nobody knows, and anyone who says they do is guessing.

Why this matters

When you separate the three, a lot of arguments get smaller. Often both sides agree on the facts and disagree on what they mean. Sometimes one side is stating an interpretation as if it were a fact. Sometimes everyone is arguing about an unknown.

Values are not facts

Some disagreements can’t be settled by any fact check, because they are about what we value: freedom and safety, fairness and growth, mercy and justice. A fact check can tell you what a policy did. It can’t tell you whether it was worth it. That part is up to you.

Fill It In

1. A confirmed fact is something the _____.

   (Step 9)

2. An interpretation is what someone

_____. **(Step 9)**

3. An unknown is something the records

_____ yet. **(Step 9)**

Practice

1. Break your claim from Step 1 into its parts. Which parts are facts, which are interpretations, and which are unknowns?

_____

_____

_____

_____

_____

_____

One Habit This Week In your next argument, ask "Is that a fact, or what you think it means?" Ask it of yourself first.

Step 10: Rate the Claim Yourself

Now put it together. The Fact Check Series uses only four verdicts. You can use them too.

Verdict	What it means
True	The records support the claim as stated.
Partly true	Part of the claim holds up, but it leaves out something important or overstates it.
False	The records contradict the claim.
Inconclusive	The evidence is not strong enough to say either way, or it is too soon to know.

Rate the claim as stated

Rate what the claim actually says, not what the person probably meant or what you suspect they want you to think. If a claim is literally true but built to leave a false impression, "Partly true" is usually the right verdict, and you should say what it leaves out.

"Inconclusive" is an honest answer

It is tempting to force every claim into true or false. Resist it. Many important questions don't have a settled answer yet, and saying so is a sign of a careful mind, not a weak one.

Show your work

A verdict is only as good as the evidence behind it. When you tell someone what you found, tell them where you found it. Then they can check you, too.

Change your mind

If new evidence comes in, change your verdict. I do. Every book in the series has a cutoff date, and later evidence may change some of what I wrote.

Fill It In

1. The Fact Check Series uses only _____. **(Step 10)**

2. Rate the claim _____, not what the person probably meant. **(Step 10)**

3. When you tell someone what you found, tell them _____. **(Step 10)**

Practice

1. Rate the claim you have carried through this book. Which verdict did you choose, and why?

_____

_____

_____

_____

_____

_____

One Habit This Week Use the Claim Check worksheet at the back on one claim you hear this week.

Practice Claims

Here are five claims I checked for books in the Fact Check Series. Use the ten steps on each one, write your verdict, then turn to Practice Answers to see mine. The full evidence is in the book named there.

Practice 1

The claim: "Foreign countries pay the tariffs."

_____

_____

_____

_____

Practice 2

The claim: "Fentanyl is being smuggled in by illegal immigrants."

_____

_____

_____

_____

Practice 3

The claim: "You can overdose just by touching fentanyl."

Practice 4

The claim: "Tariffs will cost the average family $3,800 a year."

Practice 5

The claim: "The Smoot-Hawley tariff made the Great Depression worse."

Claim Check Worksheet

Copy this page and use it any time.

Step	Your notes
The claim, word for word	
1. How does it make me feel? Would I believe it about my own side?	
2. Original source (who, where)	
3. Dates: published, event, data year	
4. Source tier (1 to 5)	
5. What the article says past the headline	
6. Numbers: compared to what? Which measure?	
7. Image or video: reverse search result	
8. Quote: where and when said?	
9. Facts / interpretations / unknowns	
10. My verdict: True, Partly true, False, Inconclusive	

Practice Answers

Here is how I rated each practice claim, and where to find the full evidence.

Practice 1

My verdict: False. The tariff is paid to U.S. Customs and Border Protection by the American business bringing the goods in. Research on the 2018 and 2025 tariffs found American buyers paid most or all of the cost. (Trade and Tariffs, Claim 1)

Practice 2

My verdict: False, as a general statement. Of the people sentenced in federal court for trafficking fentanyl in fiscal year 2025, 84 percent were U.S. citizens. Court records count only people who are caught, which is why the step about unknowns matters here. (Drugs, Addiction and the Law, Claim 2)

Practice 3

My verdict: False. Medical toxicologists say incidental skin contact is unlikely to cause harm. (Drugs, Addiction and the Law, Claim 4)

Practice 4

My verdict: Partly true, but out of date. That was a real estimate from April 2025. The same researchers later lowered it to about $1,100 for the tariffs in place in July 2026. This one is a lesson in Step 3: check the date. (Trade and Tariffs, Claim 8)

Practice 5

My verdict: Inconclusive. Trade did collapse after 1930, but historians still disagree about how much the tariff itself caused. Not every question has a settled answer. (Trade and Tariffs, Claim 12)

Where to Find Original Records

These are free places to find original records. Each address was checked when this book was written. Websites move, so if a link fails, search for the agency's name.

What you want	Where to look
Population, income, poverty, health insurance	U.S. Census Bureau, census.gov
Jobs, unemployment, prices and inflation	Bureau of Labor Statistics, bls.gov
The economy and trade	Bureau of Economic Analysis, bea.gov
Births, deaths and causes of death, including overdoses	Centers for Disease Control and Prevention, cdc.gov
Bills and laws in Congress	congress.gov
Nonpartisan research for Congress	Congressional Research Service reports, posted free for the public at everycrsreport.com
What a bill or program will cost	Congressional Budget Office, cbo.gov
Executive orders and agency rules	Federal Register, federalregister.gov
Supreme Court rulings	supremecourt.gov
Money raised and spent in federal campaigns	Federal Election Commission, fec.gov
Nevada laws and bills	Nevada Legislature, leg.state.nv.us (Nevada Revised Statutes and bill lookup)
Where else a photo has appeared	Google Lens (in the Google app and the Chrome browser); TinEye Reverse Image Search, tineye.com

Answer Key

These are the answers to the Fill It In questions.

Step 1: Stop Before You Share

1. Step 1: stop
2. Step 1: feel
3. Step 1: own side

Step 2: Find the Original Source

1. Step 2: says who
2. Step 2: original

Step 3: Check the Date

1. Step 3: wrong year
2. Step 3: data
3. Step 3: when it was true

Step 4: Rank the Source

1. Step 4: five tiers
2. Step 4: how much checking
3. Step 4: show its work

Step 5: Read Past the Headline

1. Step 5: headline
2. Step 5: caused
3. Step 5: opinion

Step 6: Check the Numbers

1. Step 6: Compared to what
2. Step 6: percentage points
3. Step 6: median

Step 7: Spot Edited Images and Video

1. Step 7: false caption
2. Step 7: what they say it is

3. Step 7: more than one person

Step 8: Check the Quote

1. Step 8: time and place
2. Step 8: exact phrase

Step 9: Fact, Opinion or Unknown?

1. Step 9: records show
2. Step 9: makes of the facts
3. Step 9: don't settle

Step 10: Rate the Claim Yourself

1. Step 10: four verdicts
2. Step 10: as stated
3. Step 10: where you found it

About This Book

How to Fact Check Anything Yourself turns the method behind the Fact Check Series into ten short steps: stop before you share, find the original source, check the date, rank the source, read past the headline, check the numbers, spot edited images and video, check the quote, separate fact from opinion and unknowns, and rate the claim yourself.

Each step includes fill-in questions with an answer key, a practice exercise with room to write, and one habit to try. At the back are five practice claims from the series with my verdicts, a Claim Check worksheet and a list of places to find original records.

The other books in the Fact Check Series are free to download at trinfinityenterprises.com.