Why Does Taking the Square Root of Both Sides of the Equation Work?

Taking the Square Root of Both Sides of the Equation to Solve Part 1

$2x^2 - 5 = 195$	$4(x+3)^2 - 10 = -6$	$(x-1)^2 + 15 = -1$

Taking the Square Root of Both Sides of the Equation to Solve Part 2

$-3(x+5)^2 + 2 = -58$