Substitute the brackets for a variable, factor,	the substitute the brackets back to solve.
$4(h-2)^2 - 8(h-2) + 3$	$2(y+3)^2 + 3(y+3) - 9$
$(x+1)^2 - (x+1) - 12$	$(x-4)^2 + 8(x-4) + 15$
$(2+y)^2 + 8(2+y) + 15$	$3(6-k)^2 - 8(6-k) + 4$
$(x+1)^8-9x^2$	$(x+2)^2 - (x-3)^2$
Factor and simplify as much as possible. $x^4 - 81$	$x^8 - 16$