CSS stands for Cascading Style Sheets.

- Cascading refers to the way CSS applies one style on top of another.
- Style Sheets control the look and feel of web documents.

CSS and HTML work hand in hand:

- HTML sorts out the page structure.
- CSS defines how HTML elements are displayed.

CSS allows you to apply specific styles to specific HTML elements.

The main benefit of CSS is that it allows you to separate style from content.

Using just HTML, all the styles and formatting are in the same place, which becomes rather difficult to maintain as the page grows.

Using an inline style is one of the ways to insert a style sheet. With an inline style, a unique style is applied to a single element.

In order to use an inline style, add the style attribute to the relevant tag.

The example below shows how to create a paragraph with a gray background and white text:

This is an example of inline styling.

```
<q/>>
```

Internal styles are defined within the <style> element, inside the head section of an HTML page. For example, the following code styles all paragraphs:

```
<html>
    <head>
        <style>
        p {
            color:white;
            background-color:gray;
        }
        </style>
        </head>
        <body>
            This is my first paragraph. 
        </body>
        </body>
        </body>
        </body>
        </body>
        </body>
        </html>
```

The most common and easy to understand selectors are type selectors. This selector targets element types on the page.

id selectors allow you to style an HTML element that has an id attribute, regardless of their position in the document tree. Here is an example of an id selector:

```
The HTML:
```

```
<div id="intro">
   This paragraph is in the intro section.
</div>
```

```
This paragraph is not in the intro section.
The CSS:
#intro {
    color: white;
    background-color: gray;
}
The font-family property specifies the font for an element.
There are two types of font family names:
    - font family: a specific font family (like Times New Roman or Arial)
    - generic family: a group of font families with a similar look (like Serif or Monospace)
```