LIST METHODS

Table 7-1 A few of the list methods

Method	Description
`append(item)`	Adds `item` to the end of the list.
`index(item)`	Returns the index of the first element whose value is equal to item. A `ValueError` exception is raised if item is not found in the list.
`insert(index, item)`	Inserts `item` into the list at the specified `index`. When an item is inserted into a list, the list is expanded in size to accommodate the new item. The item that was previously at the specified index, and all the items after it, are shifted by one position toward the end of the list. No exceptions will occur if you specify an invalid index. If you specify an index beyond the end of the list, the item will be added to the end of the list. If you use a negative index that specifies an invalid position, the item will be inserted at the beginning of the list.
`sort()`	Sorts the items in the list so they appear in ascending order (from the lowest value to the highest value).
`remove(item)`	Removes the first occurrence of `item` from the list. A `ValueError` exception is raised if item is not found in the list.
`reverse()`	Reverses the order of the items in the list.

The del Statement - removes an element from a specific index (regardless of the item)

Example: `my_list = [1, 2, 3, 4, 5]`

`del my_list[2]` - deletes the value 3

Copy of a list – creates the copy of a list

Example:

```
your_list=my_list.copy()

your_list=[]+my_list
```