1. We "pull out" each of the operands of $E = (u + v) + ((w + (x + y)) + z)$. We perform this arbitrarily from left to right.

By the associative law, E can be transformed into $u + (v + ((w + (x + y)) + z))$. Thus we have $E = u + E_1$ where $E_1 = v + ((w + (x + y)) + z)$. We trivially pull out v from E_1 to get an expression of the form $v + E_2$ where $E_2 = (w + (x + y)) + z$. With the associative law we transform E_2 into an expression of the form $w + E_3$ where $E_3 = (x + y) + z$. Similarly we transform E_3 into an expression of the form $x + E_4$ where $E_4 = y + z$. We transform E_4 into an expression of the form $y + E_5$ where $E_5 = z$.