Guide to Setting Up the Backend:

1. Install the pre-requisites for the project:
   - Golang (https://go.dev/doc/install)
   - Docker (https://www.docker.com/products/docker-desktop/)
   - Make (Optional)
     (https://leangaurav.medium.com/how-to-setup-install-gnu-make-on-windows-324480f1da69)
2. Open terminal in the project root directory (the-phonebook-backend)
3. Run either one of these command to install the dependencies:
   - go mod download
   - go mod tidy
4. If you have Make installed you can run these command in the terminal:
   - make postgresinit
   - make postgres
   - make createdb
   - make migrateup

   If you didn't install Make, you can run these command in the terminal:
   - docker run --name postgres15 -p 5433:543 -e POSTGRES_USER=root -e POSTGRES_PASSWORD=admin -d postgres:15-alpine
   - docker exec -it postgres15 psql
   - docker exec -it postgres15 createdb --username=root --owner=root the-phonebook
   - migrate -path db/migrations -database 'postgresql://root:password@localhost:5433/the-phonebook?sslmode=disable' --verbose up
5. Run (go run cmd/main.go) to start the backend server.
6. If set up properly, then the backend will start at localhost:8080.

Guide to Setting Up the Frontend:

1. Install the pre-requisites for the project:
2. Open terminal in the project root directory (auth-frontend)
3. Run (npm install) to install the project's dependencies
4. Run (npm start) to run the frontend
5. If set up properly, then the backend will start at localhost:3000