

# All Users: Start Here

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Welcome to Stride. To help you get the most out of your Stride experience, we have provided this documentation to support the development of your understanding of and success using the Stride protocol to liquid stake your tokens and launch you into your DeFi activity.

Our community has grown exponentially to include many different types of Cosmos users. To help guide your process, we have identified and designed a suggested User Flow for three broad categories of users:

## New Cosmonauts

This is you if you are new to the Cosmos ecosystem or to the concepts of DeFi, (liquid) staking, etc. You may have not heard of liquid staking tokens nor know how, so we have provided a pool of educational resources on Cosmos, DeFi, and (Liquid) Staking. Check out the "Getting Started" section to read about key concepts you'll want to understand before diving into Cosmos Defi. You'll also want to check out our "Community" section and join our community on social media!

## Active Cosmonauts

This is you if you are active in the Cosmos ecosystem or run a validator in the network, have explored other projects and/or are familiar with liquid staking, DeFi use cases, etc. You may or may not have liquid staked using Stride before. In our "App Tutorials" section, we provide guidance on the Stride-specific liquid staking process, as well as an in-depth overview of relevant topics including unstaking/unbonding and adding liquidity on DEXs.

## Advanced Users

This is you if you are a long-time Cosmos enthusiast, a developer or validator, have direct involvement in other projects, and/or want to contribute ideas to cutting edge discussions in the community. Take a look through the resources in the "Validators & Developers," and "Additional Topics" sections and plug into the conversation about high level topics driving the Cosmos ecosystem right now. Be vocal, contribute ideas, and help shape the future of Cosmos!

If your project is interested in integrating with Stride, check out the documentation in our "For Integration Partners" section. Updated about 2 months ago

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