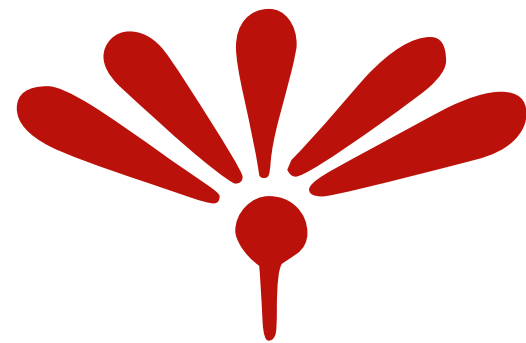


# Search / Replace

is your best friend



# GREP is your better friend

globally search a regular expression and print

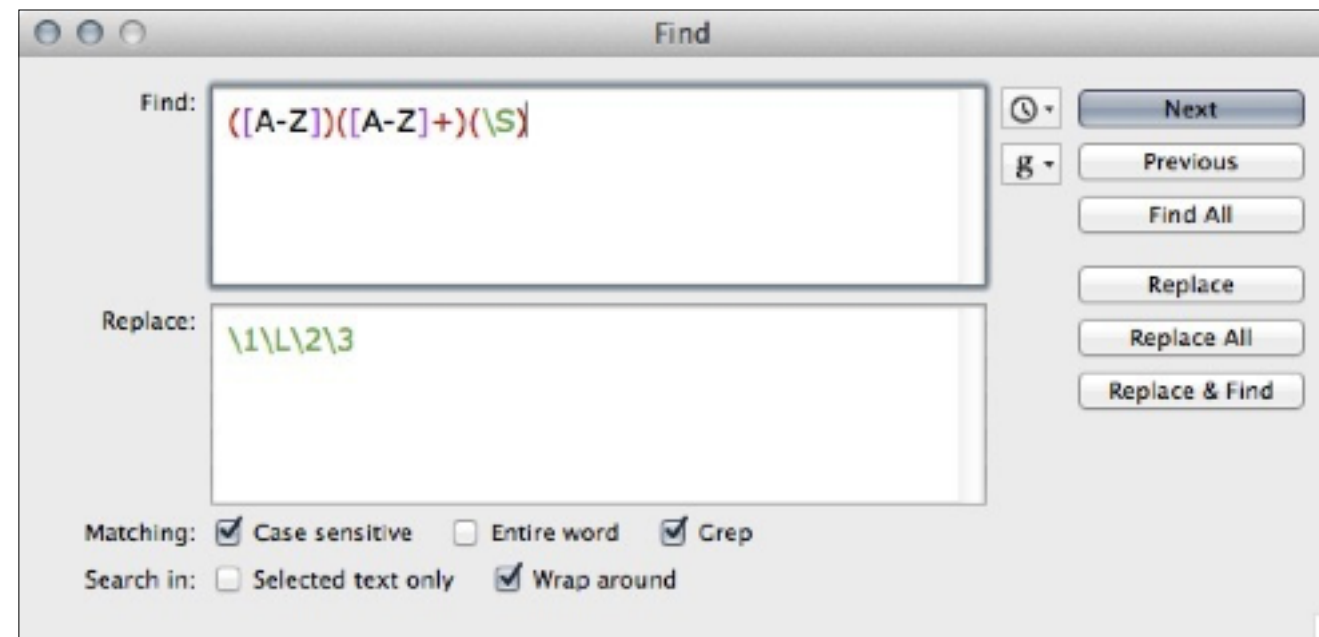
Find words in uppercase

`([A-Z])([A-Z]+)(\S)`

replace to title case

`\1\L\2\3`

GREP is **pattern matching** and is in **InDesign** too!



This is using  
TextWrangler  
or BBedit