In section 2.3.3, the sum of squares in ANOVA are

$$
\begin{aligned}
SS_T &= SS_R + SS_{Res} \\
\sum (y_i - \bar{y})^2 &= \sum (\hat{y}_i - \bar{y})^2 + \sum (y_i - \hat{y}_i)^2
\end{aligned}
$$

$$
\begin{aligned}
\text{Total variance in } y &= \text{Var in } y \text{ that can be explained by model} \\
&+ \text{Var in } y \text{ that cannot be explained by model}
\end{aligned}
$$