Writing Text in R Markdown
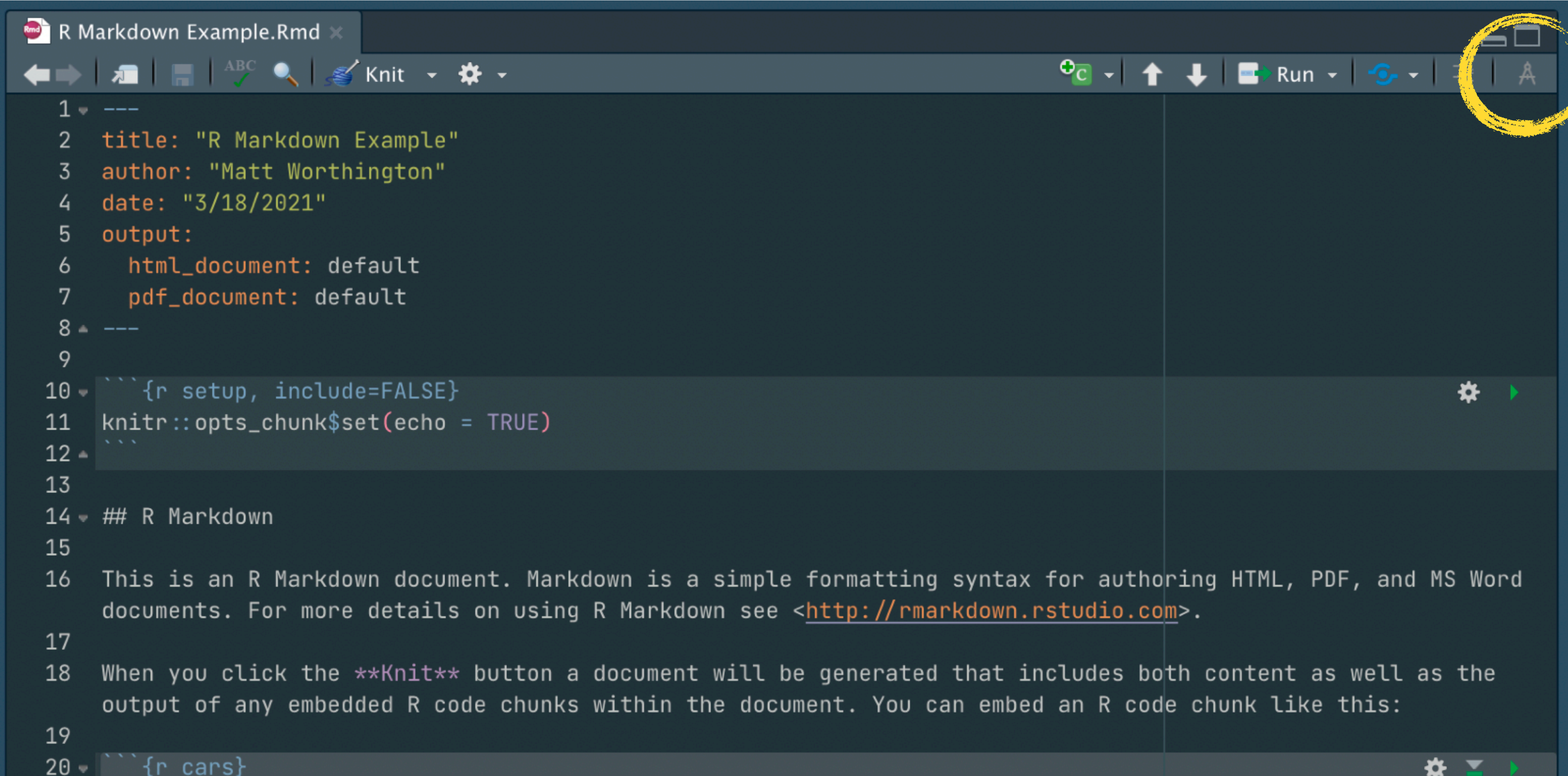
Write in Markdown

Click this link:

https://commonmark.org/help/tutorial/

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Use RStudio's Visual Editor