Watch this two-part video for a reminder of the essential tools:

<https://www.youtube.com/watch?v=7ZAXHnwO2no>

Photo layer masks:

<https://www.youtube.com/watch?v=1_2bwpputQw>

Masking with refining edges part1:

<https://www.youtube.com/watch?v=uhTHP2ZKw4U>

Masking with refining edges part2:#

<https://www.youtube.com/watch?v=U-zNvgiBsSk&feature=iv&src_vid=uhTHP2ZKw4U&annotation_id=annotation_376625>

Adobe TV – range of step-by-step CS4 tutorials and videos:

<http://tv.adobe.com/watch/learn-photoshop-cs4/introducing-photoshop-cs4/>