





Nai	no-optics using far-field optical techniques
4.1	Introduction: single-molecule methods in biology
4.2	Single-molecule tracking (SMT)
4.3	Stochastic optical reconstruction microscopy (STORM)
4.4	4pi microscopy
4.5	Stimulated emission depletion (STED)
1.6	3D laser lithography using STED























PSTM=Photon Scanning Tunneling MicroscopySNOM / NSOM=Scanning Near-field Optical MicroscopySMT=Single Molecule TrackingSIM=Structured Illumination MicroscopyPALM=Photoactivation Localization MicroscopySTORM=Stochastic Optical Reconstruction MicroscopySTED=Stimulated Emission Depletion	TIRF	= Total Internal Reflection Fluorescence
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