Add 25 to both sides: $(x+4)^2 = 50$

Use the Square Root Property: $x + 4 = \pm\sqrt{50}$

Solve for *x*: $x = -4 \pm \sqrt{50}$

Simplify the radical: $x = -4 \pm \sqrt{25 \cdot 2} = -4 \pm 5\sqrt{2}$