а) $x^4 - 1$; б) $4a^2 - 4$; в) $m^6 - 25$;
г) $16y^2 - 49x^2$; д) $9p^4 - 16q^6$; е) $36m^2 - 16n^2$

x^4-1=(x^2)^2-1^2=(x^2-1)(x^2+1)
4a^2-4=2^2a^2-2^2=(2a)^2-2^2=(2a-2)(2a+2)
m^6-25=(m^3)^2-5^2=(m^3-5)(m^3+5)
16y^2-49x^2=4^2y^2-7^2x^2=(4y)^2-(7x)^2=(4y+7x)(4y-7x)
9p^4-16q^6=3^2(p^2)^2-4^2(q^3)^2=(3p^2)^2-(4q^3)^2=
=(3p^2+4q^3)(3p^2-4q^3)
36m^2-16n^2=6^2m^2-4^2n^2=(6m)^2-(4n)^2=(6m+4n)(6m-4n)

a^2-b^2=(a-b)(a+b)