

## **Eclipsing Binaries as Precise Standard Candles and Distance Indicators**

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Double-lined eclipsing binaries are (still) our main source for accurate information on stellar masses, radii, and luminosities. Also, they offer very direct distance determinations, useful within the Milky Way and for Local Group Galaxies. I will briefly review the methods involved and discuss critically their advantages and limitations. Furthermore, past and recent highlights will be presented.