19. $f(-2) = 2|-2-1| = 2(3) = 6$; $f(0) = 2|0-1| = 2(1) = 2$; $f(\frac{1}{2}) = 2|\frac{1}{2}-1| = 2(\frac{1}{2}) = 1$;
$f(2) = 2|2-1| = 2(1) = 2$; $f(x+1) = 2|(x+1)-1| = 2|x|$;
$f(x^2+2) = 2|(x^2+2)-1| = 2|x^2+1| = 2x^2+2$ (since $x^2+1 > 0$).

21. Since $-2 < 0$, we have $f(-2) = (-2)^2 = 4$. Since $-1 < 0$, we have $f(-1) = (-1)^2 = 1$. Since $0 \geq 0$, we have $f(0) = 0+1 = 1$. Since $1 \geq 0$, we have $f(1) = 1+1 = 2$. Since $2 \geq 0$, we have $f(2) = 2+1 = 3$.

23. Since $-4 \leq -1$, we have $f(-4) = (-4)^2 + 2(-4) = 16-8 = 8$. Since $-\frac{3}{2} \leq -1$, we have $f(-\frac{3}{2}) = (-\frac{3}{2})^2 + 2(-\frac{3}{2}) = \frac{9}{4} - 3 = -\frac{3}{4}$. Since $-1 \leq -1$, we have $f(-1) = (-1)^2 + 2(-1) = 1-2 = -1$. Since $0 > -1$, we have $f(0) = 0$. Since $1 > -1$, we have $f(1) = 1$.