

We study a particular class of subspaces of Banach spaces called ideals. We show that the notions of ideals, locally complemented subspaces, and the existence of a Hahn–Banach extension operator coincide.

We introduce and develop the method of suitable models, a set-theoretic approach which enables us to write technical proofs in simpler terms. We use the method to prove the existence of an almost isometric ideal. We present applications of almost isometric ideals and the method to the strong and local diameter two properties, and the Daugavet property.