6.2.35

$$f\Big(g(x)\Big) = f\left(\frac{x}{4}+2\right) = 4\left(\frac{x}{4}+2\right) - 8 = x + 8 - 8 = x;$$
$$g\Big(f(x)\Big) = g(4x-8) = \frac{4x-8}{4} + 2 = x - 2 + 2 = x.$$

6.2.55 I can start with $x = f(y)$ and solve for $y = f^{-1}(x)$:

$$\begin{aligned} x &= f(y); \\ x &= y^2 + 4,\ y \geq 0; \\ y^2 &= x - 4,\ y \geq 0; \\ y &= \pm\sqrt{x-4},\ y \geq 0; \\ y &= \sqrt{x-4}; \\ f^{-1}(x) &= \sqrt{x-4}. \end{aligned}$$