14.5 Let $(X, \mathcal{M}, \mu)$ be a measure space. Assume $\mu(X)=1$, and that the measure $\mu$ is nonatomic, that is, for every $E \in \mathcal{M}$ with $\mu(E)>0$ there exists $F \subset E$ such that $0<\mu(F)<$ $\mu(E)$. Prove that

$$
\{\mu(E): E \in \mathcal{M}\}=[0,1] .
$$

