

TRIGONOMETRIC SUBSTITUTIONS IN PROBLEM SOLVING
PART 1

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ABSTRACT. In this paper are indicated a few useful trigonometric substitutions for solving problems. Solved problems are also a part of this article.

Case 1: If $x, y, z \in \mathbb{R}; p, q, r \in \left(-\frac{\pi}{2}, \frac{\pi}{2}\right)$

$$1 + x^2 = 1 + \tan^2 p; 1 + y^2 = 1 + \tan^2 q; 1 + z^2 = 1 + \tan^2 r$$

$$F(1 + x^2, 1 + y^2, 1 + z^2) = G\left(\frac{1}{\cos^2 p}; \frac{1}{\cos^2 q}; \frac{1}{\cos^2 r}\right)$$

Case 2: If $x, y, z \in \mathbb{R}; p, q, r \in \left(0, \frac{\pi}{2}\right)$

$$\sqrt{1 + x^2} = \frac{1}{\cos p}; \sqrt{1 + y^2} = \frac{1}{\cos q}; \sqrt{1 + z^2} = \frac{1}{\cos r}$$

$$F(\sqrt{1 + x^2}, \sqrt{1 + y^2}, \sqrt{1 + z^2}) = G\left(\frac{1}{\cos p}, \frac{1}{\cos q}, \frac{1}{\cos r}\right)$$

Case 3: If $x, y, z \in \mathbb{R}, m \geq 0, p, q, r \in \left(0, \frac{\pi}{2}\right)$

$$\sqrt{x^2 + m^2} = m \tan p; \sqrt{y^2 + m^2} = m \tan q; \sqrt{z^2 + m^2} = m \tan r$$

$$F(\sqrt{x^2 + m^2}, \sqrt{y^2 + m^2}, \sqrt{z^2 + m^2}) = G\left(\frac{m}{\cos p}; \frac{m}{\cos q}; \frac{m}{\cos r}\right)$$

Case 4: If $x, y, z \in \mathbb{R}, p, q, r \in [0, 2\pi]$

$$4x^3 - 3x = \cos p; 4y^3 - 4y = \cos q; 4z^3 - 4z = \cos r$$

$$F(4x^3 - 3x; 4y^3 - 3y, 4z^3 - 3z) = F(\cos p, \cos q, \cos r)$$

Case 5: If $x, y, z \in \mathbb{R}, p, q, r \in [0, 2\pi]$

$$3x - 4x^3 = \sin p; 3y - 4y^3 = \sin q; 3z - 4z^3 = \sin r$$

$$F(3x - 4x^3; 3y - 4y^3; 3z - 4z^3) = F(\sin p, \sin q, \sin r)$$

Case 6: If $x, y, z \in \mathbb{R}; p, q, r \in [0, 2\pi]$

$$2x^2 - 1 = \cos p; 2y^2 - 1 = \cos q; 2z^2 - 1 = \cos r$$

$$F(2x^2 - 1; 2y^2 - 1; 2z^2 - 1) = F(\cos p, \cos q, \cos r)$$

Case 7: If $x, y, z \in \mathbb{R}, p, q, r \in \left(-\frac{\pi}{2}, \frac{\pi}{2}\right)$

$$\frac{2x}{1 - x^2} = \tan p; \frac{2y}{1 - y^2} = \tan q; \frac{2z}{1 - z^2} = \tan r$$

$$F\left(\frac{2x}{1-x^2}; \frac{2y}{1-y^2}; \frac{2z}{1-z^2}\right) = G(\tan p, \tan q, \tan r)$$

Case 8: If $x, y, z \in \mathbb{R}; p, q, r \in \left(-\frac{\pi}{2}, \frac{\pi}{2}\right)$

$$\frac{2x}{1+x^2} = \tan p; \frac{2y}{1+y^2} = \tan q; \frac{2z}{1+z^2} = \tan r$$

$$F\left(\frac{2x}{1+x^2}; \frac{2y}{1+y^2}; \frac{2z}{1+z^2}\right) = G(\sin 2p, \sin 2q, \sin 2r)$$

Case 9: If $x, y, z \in \mathbb{R}; p, q, r \in \left[0, \frac{\pi}{2}\right) \cup \left[\pi, \frac{3\pi}{2}\right)$

$$x = \frac{1}{\cos p}; y = \frac{1}{\cos q}; z = \frac{1}{\cos r}$$

$$F(x^2 - 1; y^2 - 1; z^2 - 1) = G(\tan^2 p, \tan^2 q, \tan^2 r)$$

Case 10: If $x, y, z \in \mathbb{R}; |x|, |y|, |z| \geq 1, p, q, r \in \left[0, \frac{\pi}{2}\right)$

$$F(\sqrt{x^2 - 1}; \sqrt{y^2 - 1}; \sqrt{z^2 - 1}) = G(\tan p, \tan q, \tan r)$$

$$x = \frac{1}{\cos p}; y = \frac{1}{\cos q}; z = \frac{1}{\cos r}$$

Case 11: If $x, y, z \in \mathbb{R}; |x|, |y|, |z| \geq m, p, q, r \in \left[0, \frac{\pi}{2}\right)$

$$x = \frac{m}{\cos p}; y = \frac{m}{\cos q}; z = \frac{m}{\cos r}$$

$$F(\sqrt{x^2 - m^2}, \sqrt{y^2 - m^2}, \sqrt{z^2 - m^2}) = G(m \tan p, m \tan q, m \tan r)$$

Case 12: If $x, y, z \in \mathbb{R}; xy \neq 1; yz \neq 1; zx \neq 1, p, q, r \in \mathbb{R}$

$$x = \tan p; y = \tan q; z = \tan r$$

$$F\left(\frac{x+y}{1-xy}; \frac{y+z}{1-yz}; \frac{z+x}{1-zx}\right) = G\left(\tan(p+q), \tan(q+r), \tan(r+p)\right)$$

Problem 1. If $x \in \mathbb{R}; |x| \leq 1; n \in \mathbb{N}$ then:

$$(1-x)^n + (1+x)^n \leq 2^n$$

Proof.

$$|x| \leq 1 \Rightarrow (\exists)t \in \left[0, \frac{\pi}{2}\right], x = \cos 2t$$

Remains to prove:

$$(1 - \cos 2t)^n + (1 + \cos 2t)^n \leq 2^n$$

$$(2 \sin^2 t)^n + (2 \cos^2 t)^n \leq 2^n$$

$$\sin^{2n} t + \cos^{2n} t \leq 1$$

which is obviously because:

$$\left. \begin{array}{l} \sin^{2n} t \leq \sin^2 t \\ \cos^{2n} t \leq \cos^2 t \end{array} \right\} \Rightarrow \sin^{2n} t + \cos^{2n} t \leq \sin^2 t + \cos^2 t = 1$$

□

Problem 2 If $a \in (-\infty, -1) \cup (1, \infty)$ then:

$$\sqrt{a^2 - 1} + \sqrt{3} \leq 2|a|$$

Proof.

$$|a| > 1 \Rightarrow (\exists)|a| = \frac{1}{\cos \alpha}; \alpha \in \left[0, \frac{\pi}{2}\right)$$

Remains to prove:

$$\begin{aligned} \sqrt{\frac{1}{\cos^2 \alpha} - 1} + \sqrt{3} &\leq \frac{2}{\cos \alpha} \Leftrightarrow \tan \alpha + \sqrt{3} \leq \frac{2}{\cos \alpha} \\ \frac{1}{2} \sin \alpha + \sqrt{3} \cos \alpha &\leq 1 \Leftrightarrow \sin\left(\alpha + \frac{\pi}{3}\right) \leq 1 \end{aligned}$$

□

Problem 3

If $a \in (0, 1)$ then:

$$|4(a^3 - \sqrt{(1-a^2)^3}) - 3(a - \sqrt{1-a^2})| \leq \sqrt{2}$$

Proof.

$$|a| \leq 1 \Rightarrow (\exists)x \in \left[0, \frac{\pi}{2}\right); a = \cos x$$

The inequality can be written:

$$\begin{aligned} |4(\cos^3 x - \sqrt{(1-\cos^2 x)^3}) - 3(\cos x - \sqrt{1-\cos^2 x})| &\leq \sqrt{2} \\ |4(\cos^3 x - \sin^3 x) - 3(\cos x - \sin x)| &\leq \sqrt{2} \\ |(4\cos^3 x - 3\cos x) + (3\sin x - 4\sin^3 x)| &\leq \sqrt{2} \\ |\cos 3x + \sin 3x| &\leq \sqrt{2} \\ \left| \cos 3x \cdot \frac{\sqrt{2}}{2} + \sin 3x \cdot \frac{\sqrt{2}}{2} \right| &\leq 1 \\ \left| \sin\left(3x + \frac{\pi}{4}\right) \right| &\leq 1 \end{aligned}$$

□

Problem 4

If $x, y, z \in \mathbb{R}$ then:

$$\left| \frac{(x+y)(1-xy)}{(1+x^2)(1+y^2)} \right| \leq \frac{1}{2}$$

Proof.

$$\begin{aligned} x, y \in \mathbb{R} &\Rightarrow (\exists)p, q \in \left(-\frac{\pi}{2}, \frac{\pi}{2}\right); x = \tan p; y = \tan q \\ \frac{(x+y)(1-xy)}{(1+x^2)(1+y^2)} &= \frac{(\tan p + \tan q)(1 - \tan p \tan q)}{(1 + \tan^2 p)(1 + \tan^2 q)} = \\ &= \frac{\sin(p+q) \cos(p+q) \cos^2 p \cos^2 q}{\cos p \cos q \sin p \sin q} = \sin(p+q) \cos(p+q) = \\ &= \frac{1}{2} \sin 2(p+q) \end{aligned}$$

Remains to prove that:

$$\left| \frac{1}{2} \sin 2(p+q) \right| \leq \frac{1}{2} \Leftrightarrow |\sin 2(p+q)| \leq 1$$

□

Problem 5

If $a, b \in \mathbb{R}$ then:

$$a^2(1 + b^4) + b^2(1 + a^4) \leq (1 + a^4)(1 + b^4)$$

Proof.

$$\begin{aligned} a^2 \geq 0, b^2 \geq 0 &\Rightarrow (\exists)p, q \in \left[0, \frac{\pi}{2}\right), a^2 = \tan^2 p, b^2 = \tan^2 q \\ \tan p(1 + \tan^2 q) + \tan q(1 + \tan^2 p) &\leq (1 + \tan^2 p)(1 + \tan^2 q) \\ \tan p \cdot \frac{1}{\cos^2 q} + \tan q \cdot \frac{1}{\cos^2 p} &\leq \frac{1}{\cos^2 p} \cdot \frac{1}{\cos^2 q} \\ \tan p \cos^2 p + \tan q \cos^2 q &\leq 1 \\ \sin p \cos p + \sin q \cos q &\leq 1 \\ 2 \sin p \cos p + 2 \sin q \cos q &\leq 2 \\ \sin 2p + \sin 2q &\leq 2 \end{aligned}$$

which its obvious because $\sin 2p \leq 1; \sin 2q \leq 1$ □

Problem 6

If $x, y \geq 0; x + y = 1$ then:

$$\left(x^2 + \frac{1}{x^2}\right) + \left(y^2 + \frac{1}{y^2}\right) \geq \frac{17}{2}$$

Proof.

$$\begin{aligned} x, y \geq 0 &\Rightarrow (\exists)p \in [0, 2\pi); x = \sin^2 p; y = \cos^2 p \\ \sin^4 p + \frac{1}{\cos^2 p} + \cos^4 p + \frac{1}{\sin^4 p} &= \\ = (\sin^4 p + \cos^4 p) \left(1 + \frac{1}{\sin^4 p \cos^4 p}\right) &= \\ = (1 - 2 \sin^2 p \cos^2 p) \left(1 + \frac{16}{\sin^4 2p}\right) &= \\ = \left(1 - \frac{\sin^2 2p}{2}\right) \left(1 + \frac{16}{\sin^4 2p}\right) &\geq \\ \geq \left(1 - \frac{1}{2}\right) \left(1 + \frac{16}{1}\right) = \frac{1}{2} \cdot 17 = \frac{17}{2} \end{aligned}$$

□

Problem 7

If $a, b \in \mathbb{R}$ then:

$$a^2 + (a - b)^2 \geq \frac{3 - \sqrt{5}}{2}(a^2 + b^2)$$

Proof. If $b = 0$ inequality can be written:

$$2a^2 \geq \frac{3 - \sqrt{5}}{2}a^2 \Leftrightarrow a^2(1 + \sqrt{5}) \geq 0$$

If $b \neq 0$, dividing by b^2 :

$$\begin{aligned} \frac{a^2}{b^2} + \left(\frac{a}{b} - 1\right)^2 &\geq \frac{3 - \sqrt{5}}{2} \left(\frac{a^2}{b^2} + 1\right) \\ \frac{a}{b} \in \mathbb{R} &\Rightarrow (\exists)p \in \left(-\frac{\pi}{2}, \frac{\pi}{2}\right); \frac{a}{b} = \tan p \end{aligned}$$

$$\tan^2 p + (\tan p - 1)^2 \geq \frac{3 - \sqrt{5}}{2}(\tan^2 p + 1)$$

$$\sin^2 p + (\sin p - \cos p)^2 \geq \frac{3 - \sqrt{5}}{2}$$

$$1 + \sin^2 p - 2 \sin p \cos p \geq \frac{3 - \sqrt{5}}{2}$$

$$2 + 2 \sin^2 p - 2 \sin 2p \geq 3 - \sqrt{5}$$

$$1 - 2 \sin^2 p + 2 \sin 2p \leq \sqrt{5}$$

$$\cos 2p + 2 \sin 2p \leq \sqrt{5}$$

$$\frac{1}{\sqrt{5}} \cos 2p + \frac{2}{\sqrt{5}} \sin 2p \leq 1$$

$$\left(\frac{1}{\sqrt{5}}\right)^2 + \left(\frac{2}{\sqrt{5}}\right)^2 = 1 \Rightarrow (\exists)q \in \left(0, \frac{\pi}{2}\right);$$

$$\frac{1}{\sqrt{5}} = \sin q; \frac{2}{\sqrt{5}} = \cos q$$

$$\sin q \cos 2p + \cos q \sin 2p \leq 1$$

$$\sin(2p + q) \leq 1$$

□

Problem 8If $a, b \in [0, 1]$ then:

$$|a\sqrt{1-b^2} + b\sqrt{1-a^2} + \sqrt{3}(ab - \sqrt{(1-a^2)(1-b^2)})| \leq 2$$

Proof.

$$a, b \in [0, 1] \Rightarrow (\exists)p, q \in \left[0, \frac{\pi}{2}\right], a = \sin p, b = \sin q$$

$$\left| \sin p \sqrt{1 - \sin^2 q} + \sin q \sqrt{1 - \sin^2 p} + \sqrt{3} \left(\sin p \sin q - \sqrt{(1 - \sin^2 p)(1 - \sin^2 q)} \right) \right| \leq 2$$

$$\left| \sin p \cos q + \sin q \cos p + \sqrt{3}(\sin p \sin q - \cos p \cos q) \right| \leq 2$$

$$\left| \sin(p + q) - \sqrt{3} \cos(p + q) \right| \leq 2$$

$$\left| \frac{1}{2} \sin(p + q) - \frac{\sqrt{3}}{2} \cos(p + q) \right| \leq 1$$

$$\left| \sin\left(p + q - \frac{\pi}{3}\right) \right| \leq 1$$

□

Problem 9:

Solve the following equation:

$$x^3 - 3x + a(1 - 3x^2) = 0; a \in \mathbb{R}$$

Proof.

$$x \in \mathbb{R} \Rightarrow \exists b \in \left(-\frac{\pi}{2}, \frac{\pi}{2}\right); x = \tan b$$

$$a(1 - 3 \tan^2 b) = 3 \tan b - \tan^3 b \Rightarrow a = \frac{3 \tan b - \tan^3 b}{1 - 3 \tan^2 b}$$

$$a = \tan 3b \Rightarrow 3b = \arctan a + k\pi; k \in \mathbb{Z} \Rightarrow b = \frac{1}{3} \arctan a + \frac{k\pi}{3}; k \in \mathbb{Z}$$

$$x = \tan b = \tan\left(\frac{1}{3} \arctan a + \frac{k\pi}{3}\right); k \in \{-2, 0, 2\}$$

If $a = 1$ the equation: $x^3 - 3x^2 - 3x + 1 = 0$ has the solutions:

$$x = \tan\left(\frac{\pi}{12} + \frac{k\pi}{3}\right); k \in \{-2, 0, 2\}, x_1 = \tan \frac{\pi}{12}; x_2 = \tan \frac{\pi}{4}; x_3 = \tan\left(-\frac{7\pi}{4}\right)$$

If $a = 2$ the equation: $x^3 - 6x^2 - 3x + 2 = 0$ has the solutions:

$$x = \tan\left(\frac{1}{3} \arctan 2 + \frac{k\pi}{3}\right)$$

$$k \in \{-2, 0, 2\}, x_1 = \tan\left(\frac{1}{3} \arctan 2\right); x_2 = \tan\left(\frac{1}{3} \arctan 2 + \frac{2\pi}{3}\right); x_3 = \tan\left(\frac{1}{3} \arctan 2 - \frac{2\pi}{3}\right)$$

□

Problem 10:

Solve the following equation:

$$4x^3 - 4x + a(x^4 - 6x^2 + 1) = 0; a \in \mathbb{R}$$

Proof.

$$x \in \mathbb{R} \Rightarrow \exists b \in \left(-\frac{\pi}{2}, \frac{\pi}{2}\right); x = \tan b; a(\tan^4 b - 6 \tan^2 b + 1) = 4 \tan b - 4 \tan^3 b$$

$$a = \frac{4 \tan b - 4 \tan^3 b}{\tan^4 b - 6 \tan^2 b + 1} \Rightarrow a = \tan 4b \Rightarrow b = \frac{1}{4} \arctan a; x = \tan\left(\frac{1}{4} \arctan a + \frac{k\pi}{4}\right); k \in \mathbb{Z}$$

If $a = 1$ the equation $x^4 + 4x^3 - 6x^2 - 4x + 1 = 0$ has the solutions:

$$x_1 = \tan \frac{\pi}{16}; x_2 = \tan \frac{5\pi}{16}; x_3 = \tan\left(-\frac{3\pi}{16}\right); x_4 = \tan \frac{9\pi}{16}$$

□

Problem 11.

Find the formula of the general term of the sequence given by the relationships:

$$x_1 = a; a \in [-1, 1], x_{n+1} = 2x_n^2 - 1; n \geq 1$$

Proof.

$$x_1 = a \in [-1, 1] \Rightarrow (\exists) b \in [0, 2\pi]; a = \cos b; b = \arccos a$$

$$x_2 = 2x_1^2 - 1 = 2 \cos^2 b - 1 = \cos(2b); x_3 = 2x_2^2 - 1 = 2 \cos^2(2b) - 1 = \cos(2^2 b)$$

$$x_4 = 2x_3^2 - 1 = 2 \cos^2(2^2 b) - 1 = \cos(2^3 b).$$

Through induction we can prove that:

$$x_n = \cos(2^{n-1} b) = \cos(2^{n-1} \arccos a)$$

□

Problem 12.

Find the formula of the general term of the sequence given by the relationships:

$$\begin{aligned}x_1 &= a; a \in [-1, 1]; x_{n+1} = 1 - 2x_n^2; n \geq 1 \\x_2 &= 1 - 2x_1^2 = 1 - 2\cos^2 b = \cos(2b); x_3 = 1 - 2x_2^2 = 1 - 2\cos^2(2b) = \cos(2^2b) \\x_4 &= 1 - 2x_3^2 = 1 - 2\cos^2(2^2b) = \cos(2^3b)\end{aligned}$$

Through induction we can prove that:

$$x_n = \cos(2^{n-1}b) = \cos(2^{n-1} \arcsin a)$$

Problem 13.

Find the formula of the general term of the sequence given by the relationships:

$$x_1 = a; a \in [-1, 1]; x_{n+1} = x_n(3 - 4x_n^2); n \geq 1$$

Proof.

$$\begin{aligned}x_1 &= a \in [-1, 1] \Rightarrow (\exists)b \in [0, 2\pi]; a = \sin b; b = \arcsin a \\x_2 &= x_1(3 - 4x_1^2) = \sin b(3 - 4\sin^2 b) = \sin(3b) \\x_3 &= x_2(3 - 4x_2^2) = \sin 3b(3 - 4\sin^2 3b) = \sin(3^2b) \\x_4 &= x_3(3 - 4x_3^2) = \sin(3^2b)(3 - 4\sin^2(3^2b)) = \sin(3^3b)\end{aligned}$$

Through induction we can prove that:

$$x_n = \sin(3^{n-1}b) = \sin(3^{n-1} \arcsin a)$$

□

Problem 14

Find the formula of the general term of the sequence given by the relationships:

$$x_1 = a; a \in [-1, 1]; x_{n+1} = x_n(4x_n^2 - 3); n \geq 1$$

Proof.

$$\begin{aligned}x_1 &= a; a \in [-1, 1] \Rightarrow (\exists)b \in [0, 2\pi]; a = \cos b; b = \arccos a \\x_2 &= x_1(4x_1^2 - 3) = \cos b(4\cos^2 b - 3) = \cos(3b) \\x_3 &= x_2(4x_2^2 - 3) = \cos 3b(4\cos^2 3b - 3) = \cos(3^2b)\end{aligned}$$

Through induction we can prove that:

$$x_n = \cos(3^{n-1}b) = \cos(3^{n-1} \arccos a)$$

□

Problem 15.

Find the formula of the general term of the sequence given by the relationships:

$$x_1 = a; a \in \mathbb{R}; x_{n+1} = \frac{2x_n}{1 - x_n^2}; n \geq 1$$

Proof.

$$\begin{aligned}x_1 &= a \in [-1, 1] \Rightarrow (\exists)b \in \left(-\frac{\pi}{2}, \frac{\pi}{2}\right); a = \tan b; b = \arctan a \\x_2 &= \frac{2x_1}{1 - x_1^2} = \frac{2 \tan b}{1 - \tan^2 b} = \tan(2b); x_3 = \frac{2x_2}{1 - x_2^2} = \frac{2 \tan(2b)}{1 - \tan^2(2b)} = \tan(2^2b)\end{aligned}$$

Through induction we can prove that:

$$x_n = \tan(2^{n-1}b) = \tan(2^{n-1} \arctan a)$$

□

Problem 16.

Find the formula of the general term of the sequence given by the relationships:

$$x_1 = a; a \in \mathbb{R}; x_{n+1} = \frac{3x_n - x_n^3}{1 - 3x_n^2}; n \geq 1$$

Proof.

$$x_1 = a \in [-1, 1] \Rightarrow (\exists)b \in \left(-\frac{\pi}{2}, \frac{\pi}{2}\right); a = \tan b; b = \arctan a$$

$$x_2 = \frac{3x_1 - x_1^3}{1 - 3x_1^2} = \frac{3 \tan b - \tan^3 b}{1 - 3 \tan^2 b} = \tan(3b); x_3 = \frac{3x_2 - x_2^3}{1 - 3x_2^2} = \frac{3 \tan(3b) - \tan^3(3b)}{1 - 3 \tan^2(3b)} = \tan(3^2 b)$$

Through induction we prove that:

$$x_n = \tan(3^{n-1}b) = \tan(3^{n-1} \arctan a)$$

□

Proposed Problems:

17. If $x \geq 1$ then:

$$\sqrt{x-1} + \sqrt{x(\sqrt{x-1})} < x$$

$$\left(\text{Use: } x = \frac{1}{\cos^2 p}; p \in \left[0, \frac{\pi}{2}\right) \right)$$

18. If $|a| \leq 1$ then:

$$\sqrt{1 + \sqrt{1 - a^2}} \left[\sqrt{(1+a)^3 - \sqrt{(1-a)^3}} \right] \leq 2\sqrt{2} + \sqrt{2 - 2a^2}$$

$$\left(\text{Use: } a = \cos p; p \in [0, \pi] \right)$$

19. If $|x| \leq 1$ then:

$$\frac{\sqrt{3}-2}{2} \leq \sqrt{3}x^2 + x\sqrt{1-x^2} \leq \frac{\sqrt{3}+2}{2}$$

$$\left(\text{Use: } x = \cos p; p \in [0, \pi] \right)$$

20. If $a \in [0, 2]$ then:

$$|\sqrt{2a-a^2} - \sqrt{3a} + \sqrt{3}| \leq 2$$

$$\left(\text{Use: } a-1 = \cos p; p \in [0, \pi] \right)$$

21. If $|a| \geq 1$ then:

$$\left| \frac{\sqrt{a^2-1} + \sqrt{3}}{a} \right| \leq 2$$

$$\left(\text{Use: } a = \frac{1}{\cos p}; p \in \left[0, \frac{\pi}{2}\right) \cup \left[\pi, \frac{3\pi}{2}\right) \right)$$

22. If $|a| \geq 1$ then:

$$-4 \leq \frac{5 - 12\sqrt{a^2-1}}{a^2} \leq 9$$

$$\left(\text{Use: } a = \frac{1}{\cos p}; p \in \left[0, \frac{\pi}{2}\right) \cup \left[\pi, \frac{3\pi}{2}\right) \right)$$

TO BE CONTINUED!

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