The Arithmetic-Geometric Mean Inequality states that the arithmetic mean of several positive numbers is at least as large as the geometric mean. There are many interesting proofs. But you can use the sum-of-squares argument that I mentioned in today's Putnam Prep session to prove the AGM in the smallest cases.

For example, given two positive numbers a and b we want to prove that (a+b)/2 exceeds \sqrt{ab} . Squaring both sides, we see we want to prove $(a+b)^2/4 - ab$ is positive. But that's obvious: the difference is exactly $((a-b)/2)^2$.

The case of three numbers has nearly-identical logic but much trickier algebra: to prove $(a+b+c)/2 \ge (abc)^{1/3}$ it suffices to show $(a+b+c)^3 - 27abc$ is positive when a, b, c are. Well, you can check it yourself: $(a+b+c) \cdot ((a+b+c)^3 - 27abc)$ is exactly equal to

Thus if a, b, c are positive we have a sum of positive multiples of squares, which shows $(a + b + c)^3 - 27abc$ is indeed positive. I would put this in the category of "quick but unenlightening proof" since I didn't give the tiniest clue as to where these squares come from!

You may enjoy reading about this topic:

http://en.wikipedia.org/wiki/Hilbert's_seventeenth_problem