Chapter 11, Solution 86.

For maximum power transfer

$$\mathbf{Z}_L = \mathbf{Z}_{Th}^* \quad \longrightarrow \quad \mathbf{Z}_i = \mathbf{Z}_{Th} = \mathbf{Z}_L^*$$

$$\mathbf{Z}_L = R + j\omega L = 75 + j(2\pi)(4.12\times10^6)(4\times10^{-6})$$
$$\mathbf{Z}_L = 75 + j103.55 \ \Omega$$

$$\mathbf{Z}_i = [75 - j103.55] \ \Omega$$