Chapter 11, Solution 68.

Let $\mathbf{S} = \mathbf{S}_R + \mathbf{S}_L + \mathbf{S}_c$

where $\mathbf{S}_R = P_R + jQ_R = \frac{1}{2} I_o^2 R + j0$

$$\mathbf{S}_L = P_L + jQ_L = 0 + j\frac{1}{2} I_o^2 \omega L$$

$$\mathbf{S}_c = P_c + jQ_c = 0 - j\frac{1}{2} I_o^2 \cdot \frac{1}{\omega C}$$

Hence,

$$\mathbf{S} = \frac{\mathbf{1}}{\mathbf{2}} \mathbf{I}_o^2 \left[\mathbf{R} + \mathbf{j}\left(\boldsymbol{\omega} \mathbf{L} - \frac{\mathbf{1}}{\boldsymbol{\omega} \mathbf{C}} \right) \right]$$