Appendix1. Taylor expansion:

$$\left. f(x) \right|_0 pprox f(a) + f'(a)(x-a) + f''(a) \frac{(x-a)^2}{2}$$

2. small angle approximation:

$$\sin(\theta) \approx \theta \quad \cos(\theta) \approx 1 - \frac{\theta^2}{2} \label{eq:energy}$$