1.2.14

$$|P - |q||^2 \leq |P - q|$$ apoly the squaring

$$|P - |q||^2 \leq |P - q|^2$$

$$|P|^2 - 2|Pq| + |q|^2 \leq |P|^2 - 2Pq + |q|^2$$

$$-2|Pq| \leq -2Pq$$

$$|Pq| \leq Pq$$

So all vectors in R^n is inequality