

Example 1. *Then $1 + 1 = 2$.*

Example 2. *Let $x \in \mathbb{R}$. Prove that $x^2 \geq 0$.*

Example 3. *Let $x \in \mathbb{R}$. Prove that $x^2 + 1 \geq 2x$.*

Example 4. *Prove that $1.0 \leq 1 \leq 1$.*