A Daily Problem

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Mathematic

2018年9月5日

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函数极限与连续 1

Problem 1. Let
$$f(x) = \prod_{k=2}^{n} \sqrt[k]{\cos x}$$
, if $\lim_{x \to 0} \frac{1 - f(x)}{x^2} = 10$, Find n.

Solution 1

We use the L'Hospital rule, we get:

$$\lim_{x \to 0} \frac{1 - f(x)}{x^2} = \lim_{x \to 0} \frac{(tanx + tan2x + \dots + tannx)f(x)}{2x} = \frac{1}{2} \sum_{k=2}^{n} k = \frac{(n-1)(n+2)}{4} = 10$$

thus n = 6.

Note: We can use that : if
$$f(x) = f_1(x)f_2(x) \cdots f_n(x)$$
, so $f'(x) = \sum_{k=1}^{n} \frac{f'_k(x)}{f_k(x)} f(x)$.

Problem 2. Evaluate the limit:

$$\lim_{n \to \infty} \frac{\sum_{k=1}^{n} \frac{6^{k} k!}{(2k+1)^{k}}}{\sum_{k=1}^{n} \frac{3^{k} k!}{k^{k}}}.$$

Solution 2

First use the ratio test to show that $\sum_{k=1}^{\infty} \frac{3^k k!}{k^k}$ diverges. Now you can apply the Stolz–Cesàro lemma. The limit should be $\frac{1}{\sqrt{\rho}}$

-元函数微积分

一元函数微分学 2.1

Problem 1. 设 f(x) 在 $(1, +\infty)$ 上连续可微, 且存在 L > 0 使得对 $\forall x, y \in (0, +\infty)$ 都有

$$\mid f'(x) - f'(y) \mid < L \mid x - y \mid$$

证明: $(f'(x))^2 < 2Lf(x)$.

Solution Waiting...

Problem 2. 已知 $\sinh x = x \cosh y, x, y \in (0,1),$ 证明y < x < 2y.

Solution 2

由拉格朗日中值定理:

$$\sinh x - \sinh 0 = x \cosh \xi, \xi \in (0, x)$$

又 $\sinh x = x \cosh y$,有:

$$x \cosh y = x \cosh \xi, x \in (0, 1)$$

$$\cosh y = \cosh \xi, x \in (0, 1)$$

又
$$\cosh x$$
在 $(0,1)$ 上递增,所以有 $y = \xi < x$.
由 $\cosh x = \frac{e^x + e^{-x}}{2} > \frac{2\sqrt{e^x \cdot e^{-x}}}{2} = 1$,所以有:

$$\int_0^x \cosh x \, \mathrm{d}x > \int_0^x 1 \, \mathrm{d}x = x$$

用 $\frac{x}{2}$ 代替x可得到 $\sinh \frac{x}{2} > \frac{x}{2}$, 两边同时乘上一个 $\cosh x$, 得:

$$\cosh x \sinh x > \frac{x}{2} \cosh x$$

又 $\sinh x = 2\sinh \frac{x}{2}\cosh \frac{x}{2}$,有:

$$\sinh x > x \cosh \frac{x}{2}$$

又 $\sinh x = x \cosh y$,有

$$x\cosh y>x\cosh\frac{x}{2}, x\in(0,1)$$

即

$$\cosh y > \cosh \frac{x}{2}$$

又 $\cosh x$ 在(0,1)上严格单增,所以有y > 2x. 综上, y < x < 2y.

2.2 一元函数积分学

Problem 1. Suppose $f:[0,1] \to \mathbb{R}$ is continuous in [0,1] and differentiable in (0,1). Suppose f(0) = 0 and $0 < f'(x) \le 1$ for all $x \in (0,1)$.

(a) Prove that the function $\Phi(x) = (\int_0^x f(t)dt)^2 - \int_0^x f^3(t)dt$ is monotone.

(b) Find all functions f such that

$$(\int_0^1 f(t)dt)^2 = \int_0^1 f^3(t)dt.$$

Solution 1

(a)

(b) For
$$x > 0$$
, $f(x) = \int_0^x f'(t)dt > 0$.
We can get $\Phi(0) = \Phi(1) = 0$, so $\Phi(x) = 0 \implies \Phi'(x) = 0 \implies 2 \int_0^x f(t)dt = f^2(x)$

Problem 2. 若函数 f 在 [a,b] 上单调增加, 证明:

 $\implies f'(x) = 1 \implies f(x) = x + C, for C \in \mathbb{R}.$

$$\int_{a}^{b} x f(x) dx \ge \frac{a+b}{2} \int_{a}^{b} f(x) dx.$$

Solution 2

• 解法一: 令 $F(x) = \int_a^x t f(t) dt - \frac{a+b}{2} \int_a^x f(t) dt$. 则F(a) = 0, 于是有

$$F'(x) = \frac{1}{2} \left[(x - a)f(x) - \int_a^x f(x) dx \right]$$
$$= \frac{1}{2} \left[f(x) \int_a^x dt - \int_a^x f(t) dt \right]$$
$$= \frac{1}{2} \int_a^x \left[f(x) - f(t) \right] dt$$

因为 f 在[a,b]上单调增加, $f(x) - f(t) - x \ge t$, 所以 $f(x) - f(t) \ge 0$, 所以 $F'(x) \ge 0$, 即 F(x)单调增加, 所以

$$F(x) \ge F(0) = 0 (x \in [a, b])$$

从而有 $F(b) \ge 0$, 即原不等式成立.

• **解法二:** 由于f在[a,b]上单调增加,从而对 $\forall x,y \in [a,b]$ 恒有

$$(f(x) - f(\frac{a+b}{2}))(x - \frac{a+b}{2}) \ge 0$$

即:

$$xf(x) - \frac{a+b}{2}f(x) - xf(\frac{a+b}{2}) + \frac{a+b}{2}f(\frac{a+b}{2}) \ge 0$$

对两边积分可得:

$$\int_{a}^{b} x f(x) dx - \frac{a+b}{2} \int_{a}^{b} f(x) dx - f(\frac{a+b}{2}) \int_{a}^{b} x dx - \frac{a+b}{2} f(\frac{a+b}{2}) \int_{a}^{b} dx \ge 0$$
$$\int_{a}^{b} x f(x) dx - \frac{a+b}{2} \int_{a}^{b} f(x) dx \ge 0$$

即原不等式成立.

● **解法三(积分第二中值定理):** 将不等式的右边移到左边, 然后用积分第二中值定理变形即可.

Problem 3. 设函数f(x)为区间[a,b]上的正值连续函数, 且单调递减, 证明:

$$\frac{\int_0^1 x f^2(x) dx}{\int_0^1 x f(x) dx} \le \frac{\int_0^1 f^2(x) dx}{\int_0^1 f(x) dx}.$$

Solution 3

• 解法一: 由于函数f(x)为区间[0,1]上的正值连续函数,则

$$\int_0^1 f(x) dx > 0, \int_0^1 x f(x) dx > 0$$

这样只需证明

$$\int_0^1 f^2(x) dx \int_0^1 x f(x) dx - \int_0^1 f(x) dx \int_0^1 x f^2(x) dx \ge 0,$$

即证

$$\int_0^1 f^2(x) dx \int_0^1 y f(y) dy - \int_0^1 f(x) dx \int_0^1 y f^2(y) dy \ge 0,$$

亦即证

$$\int_0^1 \int_0^1 y f(x) f(y) [f(x) - f(y)] \mathrm{d}x \mathrm{d}y \ge 0.$$

考虑二重积分

$$I = \int_0^1 \int_0^1 f(x)f(y)(y-x)[f(x) - f(y)] dxdy.$$

因为函数f(x)在区间[0,1]上单调减少,则对于 $\forall x,y \in [0,1]$ 有

$$(y-x)[f(x)-f(y)] \ge 0.$$

又函数f(x)为区间[0,1]上的正值函数,则由二重积分的保号性知 $I \ge 0$,又

$$I = \int_0^1 \int_0^1 f(x)f(y)y[f(x) - f(y)]dxdy - \int_0^1 \int_0^1 f(x)f(y)x[f(x) - f(y)]dxdy,$$

将上式右边第二项中的x,y对调,可得

$$I = \int_0^1 \int_0^1 f(x)f(y)y[f(x) - f(y)]dxdy - \int_0^1 \int_0^1 f(x)f(y)y[f(y) - f(x)]dxdy$$
$$= 2\int_0^1 \int_0^1 f(x)f(y)y[f(x) - f(y)]dxdy.$$

则由 $I \ge 0$ 知原不等式成立.

● 解法二: 令

$$F(t) = \int_0^1 f^2(x) dx \int_0^1 x f(x) dx - \int_0^1 f(x) dx \int_0^1 x f^2(x) dx, 0 \le t \le 1.$$

则

$$F'(t) = f^{2}(t) \int_{0}^{1} x f(x) dx + t f(t) \int_{0}^{1} f^{2}(x) dx - f(t) \int_{0}^{1} x f^{2}(x) dx - t f^{2}(t) \int_{0}^{1} f(x) dx$$
$$= f(t) \int_{0}^{1} (x - t) [f(t) - f(x)] f(x) dx$$

因f(x)为区间[0,1]上的正值单调减函数,有 $(x-t)[f(t)-f(x)] \ge 0$,由积分的保号性知 $F'(t) \ge 0$,即F(t)在区间[0,1]上单调增加,即 $F(1) \ge F(0) = 0$,即原不等式成立.

Problem 4. 设f(x)在[0,1]上连续且递减,证明:

当
$$0 < \lambda < 1$$
时, $\int_0^{\lambda} f(x) dx \ge \lambda \int_0^1 f(x) dx$.

Solution 4

$$F'(x) = f(x) - \int_0^1 f(t)dt$$
$$= f(x) - f(\phi), \phi \in (0, 1)$$

于是当 $0 < x < \phi$ 时, $F'(x) = f(x) - f(\phi) > 0$,当 $\phi < x < 1$ 时, $F'(x) = f(x) - f(\phi) < 0$.即F(x)在 $(0,\phi)$ 内单调增加,在 $(\phi,1)$ 内单调减少,所以 $F(x) \geq minF(0)$,F(1) = 0.即

$$\int_0^x f(t)dt - x \int_0^1 f(t)dt \ge 0, x \in (0,1).$$

得证.

• 解法二: 对 $\int_0^{\lambda} f(x) dx$, 令 $x = \lambda t$, 则原不等式可化为

$$\int_0^{\lambda} f(x) dx = \int_0^1 f(\lambda t) d\lambda t \ge \lambda \int_0^1 f(x) dx.$$

即证

$$\lambda \int_0^1 f(\lambda t) dt \ge \lambda \int_0^1 f(x) dx$$

即证 $f(\lambda t) \ge f(t)$, 因为 $0 < \lambda < 1$, 所以 $\lambda t < t$, 又f(x)单调减少, 故结论成立.

Problem 5. 计算 $\int_0^{2\pi} \frac{\sin(2n+1)x}{\sin x} dx$.

Solution 5

由欧拉公式 $e^{ix} = \cos x + i \sin x$, 则 $e^{-ix} = \cos x - i \sin x$. 由以上两个公式, 相减可得

$$sinx = \frac{e^{ix} - e^{-ix}}{2} \tag{1}$$

因此, $\sin(2n+1) = \frac{e^{(2n+1)ix} - e^{-(2n+1)ix}}{2}$. 考虑到被积函数为 $\frac{\sin(2n+1)}{\sin x}$, 所以

$$\frac{\sin(2n+1)x}{\sin x} = \frac{\frac{e^{(2n+1)ix} - e^{-(2n+1)ix}}{2}}{\frac{e^{ix} - e^{-ix}}{2}}$$
$$= \frac{e^{(2n+1)ix - e^{-(2n+1)ix}}}{e^{ix} - e^{-ix}}$$

利用恒等式

$$a^{n} - b^{n} = (a - b)(a^{n-1} + a^{n-2}b + \dots + ab^{n-2} + b^{n-1})$$

所以 $e^{(2n+1)ix} - e^{-(2n+1)ix}$ 可以展开为:

$$(e^{ix} - e^{-ix})(e^{2nix} + e^{(2n-1)ix} \cdot e^{-ix} + \dots + e^{-2nix}).$$

因此, 原积分可以化为:

$$\int_0^{2\pi} \frac{\sin(2n+1)x}{\sin x} dx$$

$$= \int_0^{2\pi} \left(e^{2nix} + e^{(2n-1)ix} \cdot e^{-ix} + \dots + e^{-2nix} \right) dx$$

$$= 2\pi$$

Problem 6. 证明: $\int_{1}^{a} f(x^{2} + \frac{a^{2}}{x^{2}}) \frac{dx}{x} = \int_{1}^{a} f(x + \frac{a^{2}}{x}) \frac{dx}{x}$.

Solution 6

$$\int_{1}^{a} f(x^{2} + \frac{a^{2}}{x^{2}}) \frac{dx}{x} = \int_{1}^{\sqrt{a}} f(x^{2} + \frac{a^{2}}{x^{2}}) \frac{dx}{x} + \int_{\sqrt{a}}^{1} f(x^{2} + \frac{a^{2}}{x^{2}}) \frac{dx}{x}$$

$$\stackrel{u = \frac{a}{x}}{\Longrightarrow} \int_{1}^{\sqrt{a}} f(x^{2} + \frac{a^{2}}{x^{2}}) \frac{dx}{x} + \int_{1}^{\sqrt{a}} f(u^{2} + \frac{a^{2}}{u^{2}}) \frac{du}{u}$$

$$= 2 \int_{1}^{\sqrt{a}} f(x^{2} + \frac{a^{2}}{x^{2}}) \frac{dx}{x}$$

$$\stackrel{t = x^{2}}{\Longrightarrow} \int_{1}^{a} f(t + \frac{a^{2}}{t}) \frac{dt}{t}$$

$$= \int_{1}^{a} f(x + \frac{a^{2}}{x}) \frac{dx}{x}$$

Problem 7. 计算 $\int_0^1 \frac{\ln(1+x)}{1+x^2} dx$.

Solution 7

- 解法一(含参积分): 考虑积分 $I(\alpha) = \int_0^1 \frac{\ln(1+\alpha x)}{1+x^2} dx$.

$$\int_0^1 \frac{\ln(1+x)}{1+x^2} dx = \int_0^{\frac{\pi}{4}} \ln(1+\tan t) dt$$

$$\int_{0}^{\frac{\pi}{4}} \ln(1+\tan x) dx \xrightarrow{t=\frac{\pi}{4}-x} \int_{0}^{\frac{\pi}{4}} \ln(1+\tan(\frac{\pi}{4}-t)) dt$$

$$= \int_{0}^{\frac{\pi}{4}} \ln(1+\frac{1-\tan x}{1+\tan x}) dx$$

$$= \int_{0}^{\frac{\pi}{4}} \ln(\frac{2}{1+\tan x}) dx$$

所以有

$$\int_0^1 \frac{\ln(1+x)}{1+x^2} dx = \frac{1}{2} \left[\int_0^{\frac{\pi}{4}} \ln(1+\tan x) dx + \int_0^{\frac{\pi}{4}} \ln(\frac{2}{1+\tan x} dx) \right]$$
$$= \frac{1}{2} \int_0^{\frac{\pi}{4}} 2 dx$$
$$= \frac{\pi}{8} \ln 2$$

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- 5 无穷级数

Problem 1. 设 $(\lambda_n)_{n=1,2,\dots}$ 是严格单调递增趋于无穷大的正数列。证明: 若级数 $\sum_{n=1}^{+\infty} \lambda_n a_n$ 收敛,则 $\sum_{n=1}^{+\infty} a_n$ 收敛。

Solution 1.

• 解法一(构造法): 我们令
$$A_n = \sum_{k=1}^n \lambda_k a_k, \ B_n = \sum_{k=1}^n a_k, \ A_0 = 0, \ 其中 n \geq 1, \ 则有:$$

$$a_k = \frac{A_k - A_{k-1}}{\lambda_k} (k \geq 1)$$

$$B_n = \sum_{k=1}^n a_k$$

$$= \sum_{k=1}^n \frac{A_k - A_{k-1}}{\lambda_k}$$

$$= \sum_{k=1}^{n-1} (\frac{1}{\lambda_k} - \frac{1}{\lambda_{k+1}}) A_k + \frac{A_n}{\lambda_n}$$

用为 $\sum_{n=1}^{+\infty} \lambda_n a_n$ 收敛, 所以 A_n 有界, 又:

$$\sum_{n=1}^{+\infty} \left(\frac{1}{\lambda_n} - \frac{1}{\lambda_{n+1}}\right) = \frac{1}{\lambda_1}$$

所以级数 $\sum_{n=1}^{\infty} (\frac{1}{\lambda_n} - \frac{1}{\lambda_{n+1}}) A_n$ 收敛. 由已知条件可知 $\lambda_n \to +\infty (n \to \infty)$, 我们可以得到:

$$\lim_{n \to \infty} \frac{A_n}{\lambda_n} = 0$$

所以

$$\sum_{n=1}^{+\infty} a_n = \lim_{n \to \infty} \sum_{k=1}^{n} \left(\frac{1}{\lambda_k} - \frac{1}{\lambda_{k+1}} \right) A_k + \frac{A_n}{\lambda_n} = \sum_{n=1}^{+\infty} \left(\frac{1}{\lambda_n} - \frac{1}{\lambda_{n+1}} \right) A_n$$

故级数 $\sum_{n=1}^{+\infty} a_n$ 收敛, 得证.

• 解法二(Abel判别法): 我们令 $A_n = \frac{1}{\lambda_n} (n \ge 1)$,由题意可知数列 A_n 单调递减且有界,又级数 $\sum_{n=1}^{+\infty}$ 收敛,所以级数

$$\sum_{n=1}^{+\infty} a_n = \sum_{n=1}^{+\infty} \lambda_n a_n \cdot A_n$$

收敛.

Problem 2. 求级数 $\sum_{n=1}^{+\infty} \frac{(-1)^n}{n \cdot \sqrt[n]{n}} (\frac{x}{2x+1})^n$ 的收敛域.

Solution 2.

令 $t = \frac{x}{2x+1}$,考察 $\sum_{n=1}^{+\infty} \frac{(-1)^n}{n \cdot \sqrt[n]{n}} t^n$ 的收敛域. 于是我们由根值判别法可得:

$$\lim_{n \to \infty} \sqrt[n]{\left| \frac{(-1)^n}{n \cdot \sqrt[a]{n}} \right|} = \lim_{n \to \infty} \frac{1}{n^{\frac{1}{n}} \cdot n^{\frac{1}{n^2}}}$$

$$= \lim_{n \to \infty} \frac{1}{n^{\frac{1}{n} + \frac{1}{n^2}}}$$

$$= \exp\left(\lim_{n \to \infty} -\left(\frac{1}{n} + \frac{1}{n^2}\right) \ln n\right)$$

$$= 1$$

当 x = -1 时, $\sum_{n=1}^{+\infty} \frac{(-1)^n}{n \cdot \sqrt[n]{n}} (-1)^n = \sum_{n=1}^{n \to \infty} \frac{1}{n \cdot \sqrt[n]{n}}$, 而 $\lim_{n \to \infty} \frac{\frac{1}{n \cdot \sqrt[n]{n}}}{\frac{1}{n}} = \lim_{n \to \infty} \frac{1}{\sqrt{n}} = 1$, 从而该级数发散:

类似可以得到当
$$x = 1$$
 时, $\sum_{n=1}^{+\infty} \frac{(-1)^n}{n \cdot \sqrt[n]{n}} \cdot (1)^n = \sum_{n=1}^{+\infty} \frac{(-1)^n}{n \cdot \sqrt[n]{n}}$ 收敛.

所以级数 $\sum_{n=1}^{+\infty} \frac{(-1)^n}{n \cdot \sqrt[n]{n}} t^n$ 的收敛域为 $-1 < x \le 1$. 从而有 $-1 < \frac{x}{2x+1} \le 1$,解该不等式可得 $x \le -1$ 或 $x > -\frac{1}{2}$. 所以原级数的收敛域为: $(-\infty, -1] \cup (-\frac{1}{2}, +\infty)$.

Problem 3. 设 f(x) 为周期为 2π 的连续函数, 令

$$F(x) = \frac{1}{2h} \int_{x-h}^{x+h} f(t)dt.$$

设 f(x) 的Fourier系数为 $a_0, a_n, b_n (n = 1, 2, \cdots)$,试求 F(x) 的Fourier系数 $A_0, A_n, B_n (n = 1, 2, \cdots)$.

Solution 3

Problem 4. 求 $\sum_{n=1}^{10^9} n^{-\frac{2}{3}}$ 的整数部分.

Solution 4

记 $I = \sum_{n=1}^{10^9} n^{-\frac{2}{3}}$,则由积分与级数之间的关系有:

$$I > \int_{1}^{10^{9}+1} x^{-\frac{2}{3}} dx = 3(\sqrt[3]{1+10^{9}} - 1) > 3(10^{3} - 1).$$

$$I - 1 = \sum_{10^{9}}^{10^{9}} n^{-\frac{2}{3}} dx < \int_{1}^{10^{9}} x^{-\frac{2}{3}} dx$$
$$= 3x^{\frac{1}{3}} \Big|_{1}^{10^{9}} = 3(10^{3} - 1).$$

即 $I < 3(10^3 - 1) + 1$,所以 $[I] = 3(10^3 - 1) = 2997$.

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Problem 1. 证明Cauthy-Schwarz不等式:

$$|\langle a,b \rangle| \le \parallel a \parallel \parallel b \parallel$$

其中 < ·, · > 为内积运算.

Solution Cauthy-Schwarz不等式的另一种形式:

$$\sum_{k=1}^{n} a_k b_k \le \sum_{k=1}^{n} a_k^2 \sum_{k=1}^{n} b_k^2$$

我们令:

$$A = \sum_{k=1}^{n} a_k^2, B = \sum_{k=1}^{n} b_k^2, C = \sum_{k=1}^{n} a_k b_k$$

我们只需证明:

$$C^2 \le AB$$

考虑到: $(a+b)^2 \ge 0$,有:

$$0 \le \sum_{k=0}^{n} (a_k + tb_k)^2 = A + 2tC + t^2B$$

当 B=0 时, 显然 C=AB. 当 $B\neq 0$ 时, 由 $\Delta<0$, 可得:

$$4C^2 - 4AB < 0$$

$$C^2 < AB$$

综上所述:

$$C^2 \le AB$$

得证.

Problem 2. a) Suppose an entire function f is bounded by M along |z| = R. Show that the coefficients C_k in its power series expansion about 0 satisfy

$$|C_k| \le \frac{M}{R^k}.$$

b) Suppose a polynomial is bounded by 1 in the unit disc. Show that all its coefficients are bounded by 1.

Solution Part a): Since f is an entire function it can be expressed as an infinite power series, i.e.

$$f(z) = \sum_{k=0}^{\infty} \frac{f^{(k)}(0)}{k!} z^k = \sum_{k=0}^{\infty} C_k z^k.$$

If we recall Cauchy's Integral we have

$$f(z) = \frac{1}{2\pi i} \int_{\gamma} \frac{f(w)}{w - z} \ dw,$$

carefully notice that $\frac{1}{w-z} = \frac{1}{w} \cdot \frac{1}{1-\frac{z}{w}}$ can be written as a geometric series. We have

$$\frac{1}{2\pi i} \int_{\gamma} \frac{f(w)}{w - z} dw = \frac{1}{2\pi i} \int_{\gamma} \left\{ \frac{f(w)}{w} \cdot \left(\frac{1}{1 - \frac{z}{w}} \right) \right\} dw$$

$$= \frac{1}{2\pi i} \int_{\gamma} \left\{ \frac{f(w)}{w} \cdot \left(1 + \frac{z}{w} + \frac{z^{2}}{w^{2}} + \frac{z^{3}}{w^{3}} + \cdots \right) \right\} dw$$

$$= \left(\frac{1}{2\pi i} \int_{\gamma} \frac{f(w)}{w} dw \right) z^{0} + \left(\frac{1}{2\pi i} \int_{\gamma} \frac{f(w)}{w^{2}} dw \right) z^{1} + \left(\frac{1}{2\pi i} \int_{\gamma} \frac{f(w)}{w^{3}} dw \right) z^{2} \cdots$$

Now take the modulus of C_k to get

$$|C_k| = \left| \frac{1}{2\pi i} \int_{\gamma} \frac{f(w)}{w^{k+1}} dw \right| \le \frac{1}{2\pi} \int_{\gamma} \frac{|f(w)|}{|w^{k+1}|} |dw| \le \frac{M}{2\pi} \int_{\gamma} \frac{|dw|}{|w^{k+1}|}$$

Then integrate along $\gamma(\theta) = Re^{i\theta}$ for $\theta \in [0, 2\pi]$ to get

$$|C_k| \le \frac{M}{2\pi} \int_0^{2\pi} \frac{|iRe^{i\theta} d\theta|}{|R^{k+1}e^{ik\theta}|} = \frac{M}{2\pi \cdot R^k} \int_0^{2\pi} d\theta = \frac{M}{R^k}.$$

Hence, $|C_k| \leq \frac{M}{R^k}$.