Theorem (2.3.21). Let f be the function $f: \mathbb{R} \Longrightarrow \mathbb{R}$, such that $\forall x((x \in \mathbb{R}) \Longrightarrow (f(x) > 0))$. Let g be the function $g: \mathbb{R} \Longrightarrow \mathbb{R}$ defined by g(x) = 1/f(x). f(x) is strictly decreasing if and only if g(x) is strictly increasing.

Proof. Suppose there exist real numbers x and y such that x < y, and suppose that f(x) > f(y). f is a strictly decreasing real-valued function by definition. It follows that g(x) = 1/f(x) < g(y) = 1/f(y), which is the definition for strictly increasing real-valued functions.

Conversely, suppose there exist real numbers x and y such that x < y, and suppose that g(x) < g(y). g is a strictly increasing real-valued function by definition. It follows that f(x) = 1/g(x) > f(y) = 1/f(y), which is the definition for strictly decreasing real-valued functions.

Thus, f(x) is strictly decreasing if and only if g(x) is strictly increasing.