

Let  $a, b, c$  be positive real numbers such that  $a^2 + b^2 + c^2 + (a + b + c)^2 \leq 4$ . Prove that

$$\frac{ab+1}{(a+b)^2} + \frac{bc+1}{(b+c)^2} + \frac{ca+1}{(c+a)^2} \geq 3.$$

$$\begin{aligned}
 & a^2 + b^2 + c^2 + a^2 + b^2 + c^2 + 2(ab + bc + ca) \leq 4 \\
 & a^2 + b^2 + c^2 + ab + bc + ca \leq 2 \\
 & \sum_{\text{cyc}} \frac{ab+1}{(a+b)^2} \geq 3 \\
 & \sum_{\text{cyc}} \frac{ab+1}{(a+b)^2} \leq \sum_{\text{cyc}} \frac{2ab+2}{(a+b)^2} \\
 & \sum_{\text{cyc}} \frac{2ab+2}{(a+b)^2} \geq \sum_{\text{cyc}} \frac{(a+b)^2 + ((a+b)(a+b))}{(a+b)^2} \\
 & \geq \sum_{\text{cyc}} \left(1 + \frac{(a+b)(a+b)}{(a+b)^2}\right) \geq 6 \\
 & 1 + \frac{(a+b)(a+b)}{(a+b)^2} + 1 + \frac{(a+b)(a+b)}{(b+c)^2} + 1 + \frac{(b+c)(b+c)}{(c+a)^2} \geq 3 + 3 \\
 & \geq 6 \\
 & = 3 + 0 + 0 + 0
 \end{aligned}$$

$$\sum_{\text{cyc}} \frac{2ab+2}{(a+b)^2} \geq 6$$

$$\sum_{\text{cyc}} \frac{ab+1}{(a+b)^2} \geq 3$$

□