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proof of Young Inequality

Canonical name	ProofOfYoungInequality
Date of creation	2013-03-22 13:30:10
Last modified on	2013-03-22 13:30:10
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Last modified by	paolini (1187)
Numerical id	4
Author	paolini (1187)
Entry type	Proof
Classification	msc 46E30

By the concavity of the log function we have

$$\log ab = \frac{1}{p} \log a^p + \frac{1}{q} \log b^q \leq \log\left(\frac{1}{p}a^p + \frac{1}{q}b^q\right).$$

By exponentiation we obtain the desired result.