

$$\begin{aligned}
 a) \int_0^{\pi/4} \frac{1}{1 + \sin x \cos x} dx &= \int_0^{\pi/4} \frac{2}{2 + \sin 2x} dx = \left[\begin{array}{l} t = 2x \quad x = t/2 \\ dt = 2 dx \quad x=0 \quad t=0 \quad x=\pi/4 \quad t=\pi/2 \end{array} \right] = \int_0^{\pi/2} \frac{1}{2 + \sin t} dt = \\
 &= \left[\begin{array}{l} s = \tan t/2 \quad t = 2 \arctan s \\ dt = \frac{2}{1+s^2} dt \\ t=0 \quad s=0 \quad t=\pi/2 \quad s=1 \end{array} \right] = \int_0^1 \frac{1}{2 + \frac{2s}{1+s^2}} \cdot \frac{2}{1+s^2} ds = \int_0^1 \frac{1}{1+s^2+s} ds = \int_0^1 \frac{1}{(s+1/2)^2 + 3/4} ds = \\
 &= \left[\begin{array}{l} u = s + 1/2 \quad s = u - 1/2 \\ ds = du \\ s=0 \quad u=1/2 \quad s=1 \quad u=3/2 \end{array} \right] = \int_{1/2}^{3/2} \frac{1}{u^2 + 3/4} du = \frac{4}{3} \int_{1/2}^{3/2} \frac{1}{(\frac{2u}{\sqrt{3}})^2 + 1} du = \left[\frac{2}{\sqrt{3}} \arctan \frac{2u}{\sqrt{3}} \right]_{1/2}^{3/2} = \\
 &= \left[\frac{2}{\sqrt{3}} \arctan \frac{2u}{\sqrt{3}} \right]_{1/2}^{3/2} = \frac{2}{\sqrt{3}} \arctan \sqrt{3} - \frac{2}{\sqrt{3}} \arctan \frac{1}{\sqrt{3}} = \frac{2}{\sqrt{3}} \left(\frac{\pi}{3} - \frac{\pi}{6} \right) = \frac{\pi}{3^{3/2}}
 \end{aligned}$$

$$\begin{aligned}
 b) \int \frac{\cos x}{1 + \cos x} dx &= \left[\begin{array}{l} t = \tan x/2 \quad \cos x = \frac{1-t^2}{1+t^2} \\ dx = \frac{2}{1+t^2} dt \end{array} \right] = \int \frac{\frac{1-t^2}{1+t^2}}{\frac{1+t^2}{1+t^2} + \frac{1-t^2}{1+t^2}} \cdot \frac{2}{1+t^2} dt = \int \frac{1-t^2}{(1+t^2) + (1-t^2)} \cdot \frac{2}{1+t^2} dt = \\
 &= \int \frac{1-t^2}{1+t^2} dt = \int \frac{1}{1+t^2} - \frac{t^2}{1+t^2} dt = \arctan t - \int 1 - \frac{1}{1+t^2} dt = \arctan t - t + \arctan t + c = 2\arctan t - t + c = \\
 &= x - \tan \frac{x}{2} + c
 \end{aligned}$$

$$\int_0^{\pi/2} \frac{\cos x}{1 - \cos x} dx = \left[x - \tan \frac{x}{2} \right]_0^{\pi/2} = \frac{\pi}{2} - 1$$