

Claim: If $F: M \rightarrow N$ is a diffeomorphism,
then $(F^{-1})_* = (F_*)^{-1}$

(note both are from $T_p(N) \rightarrow T_p(M)$).

Proof: It suffices to show that
for all $X \in T_p N$ and $f \in C^\infty(M)$,

we have $(F_*^{-1} X)f = ((F^{-1})_* X)f$.

Now, ~~let $Y = F_*^{-1} X$~~ let $g = f \circ F^{-1}$, ~~then~~ and $Y = F_*^{-1} X$.

~~LHS = $(F_*^{-1} X)(g \circ f)$~~

Then $LHS = Y(g \circ F) = (F_* Y)g$

$$= X \circ g = X(f \circ F^{-1}) = ((F^{-1})_* X)f.$$

□
