Using $f(t) = \frac{\pi}{2} e^{-|t|}$ as my function (unlike start of problem in book)

I will just find $\tilde{f}(\omega)$ directly for this f(t)

Don't forget to split integral for calculation to take into account absolute value!!

$$\begin{split} &\tilde{f}(\omega) = \frac{1}{\sqrt{2\pi}} \int_{-\infty}^{\infty} f(t) e^{-i\omega t} \, dt = \frac{1}{\sqrt{2\pi}} \left[\int_{-\infty}^{0} \frac{\pi}{2} e^{-(-t)} e^{-i\omega t} \, dt + \int_{0}^{\infty} \frac{\pi}{2} e^{-(t)} e^{-i\omega t} \, dt \right] = \\ &= \frac{1}{2} \sqrt{\frac{\pi}{2}} \left[\int_{-\infty}^{0} e^{(1-i\omega)t} \, dt + \int_{0}^{\infty} e^{(-1-i\omega)t} \, dt \right] = \frac{1}{2} \sqrt{\frac{\pi}{2}} \left[\frac{e^{(1-i\omega)t}}{(1-i\omega)} \Big|_{-\infty}^{0} + \frac{e^{(-1-i\omega)t}}{(-1-i\omega)} \Big|_{0}^{\infty} \right] = \\ &\frac{1}{2} \sqrt{\frac{\pi}{2}} \left[\frac{e^{(1-i\omega)t}}{(1-i\omega)} \Big|_{-\infty}^{0} + \frac{e^{(-1-i\omega)t}}{(-1-i\omega)} \Big|_{0}^{\infty} \right] = \frac{1}{2} \sqrt{\frac{\pi}{2}} \left\{ \left[\frac{e^{(1-i\omega)0}}{(1-i\omega)} - \frac{e^{(1-i\omega)-\infty}}{(1-i\omega)} \right] + \left[\frac{e^{(-1-i\omega)0}}{-(1+i\omega)} - \frac{e^{(-1-i\omega)0}}{-(1+i\omega)} \right] \right\} = \\ &\frac{1}{2} \sqrt{\frac{\pi}{2}} \left\{ \left[\frac{1}{(1-i\omega)} - \frac{0}{(1-i\omega)} \right] + \left[\frac{0}{-(1+i\omega)} - \frac{1}{-(1+i\omega)} \right] \right\} = \frac{1}{2} \sqrt{\frac{\pi}{2}} \left[\frac{1}{(1-i\omega)} + \frac{1}{(1+i\omega)} \right] = \\ &\frac{1}{2} \sqrt{\frac{\pi}{2}} \left[\frac{2}{1+\omega^{2}} \right] = \sqrt{\frac{\pi}{2}} \frac{1}{1+\omega^{2}} \end{split}$$

Now apply inverse Fourier transform

$$\begin{split} &f(t) = \frac{\pi}{2} e^{-|t|} = \frac{1}{\sqrt{2\pi}} \int\limits_{-\infty}^{\infty} \tilde{f}(w) e^{i\omega t} \, d\omega = \frac{1}{\sqrt{2\pi}} \int\limits_{-\infty}^{\infty} \sqrt{\frac{\pi}{2}} \frac{1}{1+\omega^2} e^{i\omega t} \, d\omega = \frac{1}{2} \int\limits_{-\infty}^{\infty} \frac{1}{1+\omega^2} e^{i\omega t} \, d\omega \\ &\frac{1}{2} \bigg[\int\limits_{-\infty}^{0} \frac{1}{1+\omega^2} e^{i\omega t} \, d\omega + \int\limits_{0}^{\infty} \frac{1}{1+\omega^2} e^{i\omega t} \, d\omega \bigg] = (\text{in first integral let } \omega \to -\omega) = \\ &\text{Aside: } \int\limits_{-\infty}^{0} \frac{1}{1+\omega^2} e^{i\omega t} \, d\omega = \int\limits_{\omega=-\infty}^{\omega=0} \frac{1}{1+\omega^2} e^{i\omega t} \, d\omega \xrightarrow{\text{Chg here } \omega=-0} \frac{1}{1+[-\omega]^2} e^{-i\omega t} (-d\omega) = -\int\limits_{-\infty}^{0} \frac{1}{1+\omega^2} e^{-i\omega t} \, d\omega \text{ Back: } \\ &\text{Subst into first integral above } \frac{1}{2} \bigg[-\int\limits_{-\infty}^{0} \frac{1}{1+\omega^2} e^{-i\omega t} \, d\omega + \int\limits_{0}^{\infty} \frac{1}{1+\omega^2} e^{i\omega t} \, d\omega \bigg] = \frac{1}{2} \bigg[\int\limits_{0}^{\infty} \frac{1}{1+\omega^2} e^{-i\omega t} \, d\omega + \int\limits_{0}^{\infty} \frac{1}{1+\omega^2} e^{i\omega t} \, d\omega \bigg] = \frac{1}{2} \bigg[\int\limits_{0}^{\infty} \frac{1}{1+\omega^2} e^{-i\omega t} \, d\omega + \int\limits_{0}^{\infty} \frac{1}{1+\omega^2} e^{i\omega t} \, d\omega \bigg] = \frac{1}{2} \bigg[\int\limits_{0}^{\infty} \frac{1}{1+\omega^2} e^{-i\omega t} \, d\omega + \int\limits_{0}^{\infty} \frac{1}{1+\omega^2} e^{-i\omega t} \, d\omega \bigg] = \frac{1}{2} \bigg[\int\limits_{0}^{\infty} \frac{1}{1+\omega^2} e^{-i\omega t} \, d\omega + \int\limits_{0}^{\infty} \frac{1}{1+\omega^2} e^{-i\omega t} \, d\omega \bigg] = \frac{1}{2} \bigg[\int\limits_{0}^{\infty} \frac{1}{1+\omega^2} e^{-i\omega t} \, d\omega + \int\limits_{0}^{\infty} \frac{1}{1+\omega^2} e^{-i\omega t} \, d\omega \bigg] = \frac{1}{2} \bigg[\int\limits_{0}^{\infty} \frac{1}{1+\omega^2} e^{-i\omega t} \, d\omega \bigg] = \frac{1}{2} \bigg[\int\limits_{0}^{\infty} \frac{1}{1+\omega^2} e^{-i\omega t} \, d\omega \bigg] = \frac{1}{2} \bigg[\int\limits_{0}^{\infty} \frac{1}{1+\omega^2} e^{-i\omega t} \, d\omega \bigg] = \frac{1}{2} \bigg[\int\limits_{0}^{\infty} \frac{1}{1+\omega^2} e^{-i\omega t} \, d\omega \bigg] = \frac{1}{2} \bigg[\int\limits_{0}^{\infty} \frac{1}{1+\omega^2} e^{-i\omega t} \, d\omega \bigg] = \frac{1}{2} \bigg[\int\limits_{0}^{\infty} \frac{1}{1+\omega^2} e^{-i\omega t} \, d\omega \bigg] = \frac{1}{2} \bigg[\int\limits_{0}^{\infty} \frac{1}{1+\omega^2} e^{-i\omega t} \, d\omega \bigg] = \frac{1}{2} \bigg[\int\limits_{0}^{\infty} \frac{1}{1+\omega^2} e^{-i\omega t} \, d\omega \bigg] = \frac{1}{2} \bigg[\int\limits_{0}^{\infty} \frac{1}{1+\omega^2} e^{-i\omega t} \, d\omega \bigg] = \frac{1}{2} \bigg[\int\limits_{0}^{\infty} \frac{1}{1+\omega^2} e^{-i\omega t} \, d\omega \bigg] = \frac{1}{2} \bigg[\int\limits_{0}^{\infty} \frac{1}{1+\omega^2} e^{-i\omega t} \, d\omega \bigg] = \frac{1}{2} \bigg[\int\limits_{0}^{\infty} \frac{1}{1+\omega^2} e^{-i\omega t} \, d\omega \bigg] = \frac{1}{2} \bigg[\int\limits_{0}^{\infty} \frac{1}{1+\omega^2} e^{-i\omega t} \, d\omega \bigg] = \frac{1}{2} \bigg[\int\limits_{0}^{\infty} \frac{1}{1+\omega^2} e^{-i\omega t} \, d\omega \bigg] = \frac{1}{2} \bigg[\int\limits_{0}^{\infty} \frac{1}{1+\omega^2} e^{-i\omega t} \, d\omega \bigg] = \frac{1}{2} \bigg[\int\limits_{0}^{\infty} \frac{1}{1+\omega^2} e^{-i\omega t} \, d\omega \bigg] = \frac{1}{2} \bigg[\int\limits_{0}^{\infty} \frac{1}{1+\omega^2} e^{-i\omega t} \, d\omega \bigg] = \frac{1}$$

Therefore

$$\frac{\pi}{2}e^{-|t|} = \int_{0}^{\infty} \frac{\cos \omega t}{1 + \omega^{2}} d\omega$$

For part (b) carry out integrations on left and right hand side for Parseval's theoerm using given f(t) and calculated $\tilde{f}(w)$ and hint in book That is

$$\int_{-\infty}^{\infty} |f(t)|^2 dt = ? \int_{-\infty}^{\infty} |\tilde{f}(\omega)|^2 d\omega$$
From (a) $f(t) = \frac{\pi}{2} e^{-|t|}$ and $\tilde{f}(\omega) = \sqrt{\frac{\pi}{2}} \frac{1}{1 + \omega^2}$

Substitute

$$\int_{-\infty}^{\infty} \left(\frac{\pi}{2} e^{-t} \right)^{2} dt = ? \int_{-\infty}^{\infty} \left[\sqrt{\frac{\pi}{2}} \frac{1}{1 + \omega^{2}} \right]^{2} d\omega$$

Since both even functions

$$\begin{split} &\int_{-\infty}^{\infty} \left(\frac{\pi}{2} e^{-t}\right)^2 dt \rightarrow 2 \int_{0}^{\infty} \left(\frac{\pi}{2} e^{-t}\right)^2 dt = \frac{\pi^2}{2} \int_{0}^{\infty} e^{-2t} dt \\ &\int_{-\infty}^{\infty} \left[\sqrt{\frac{\pi}{2}} \frac{1}{1+\omega^2}\right]^2 d\omega \rightarrow 2 \int_{0}^{\infty} \left[\sqrt{\frac{\pi}{2}} \frac{1}{1+\omega^2}\right]^2 d\omega = \pi \int_{0}^{\infty} \left[\frac{1}{1+\omega^2}\right]^2 d\omega \\ &LHS \left(\frac{\pi}{2}\right)^2 \int_{0}^{\infty} e^{-2t} dt = \dots = \frac{\pi^2}{4} \end{split}$$
 RHS
$$&\pi \int_{0}^{\infty} \left[\frac{1}{1+\omega^2}\right]^2 d\omega = \frac{\pi^2}{4} \int_{0}^{\infty} \left[\frac{1}{1+$$

(let
$$\omega = \tan\theta$$
, $\theta = \tan^{-1}\omega$, $1 + \omega^2 \rightarrow 1 + \tan^2\theta = \sec^2\theta$, $d\omega = \sec^2\theta d\theta$) =
$$\pi \int_0^{\frac{\pi}{2}} \frac{1}{\sec^2\theta} d\theta = \pi \int_0^{\frac{\pi}{2}} \cos^2\theta d\theta = \text{(use Integral Table)} \cdots = \frac{\pi^2}{4}$$

Thus verifying Parseval's Th. since LHS = RHS