

**Topics from harmonic analysis related  
to generalized Poincaré-Sobolev inequalities: Lecture I**

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**&**

**BCAM**

**Summer School on  
Dyadic Harmonic Analysis, Martingales, and Paraproducts**

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Resembling Taylor polynomials.

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**Proof** If  $x \in Q$ ,  $|f(x) - f_Q| = \left| \int_Q (f(x) - f(y)) dy \right| \leq \int_Q |f(x) - f(y)| dy$

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 &= \int_Q \int_{\frac{|z-x|}{C_{nl}(Q)}}^{\infty} \frac{1}{t^n} \frac{dt}{t} |\nabla f(z)| |z-x| dz \\
 &= C_n \int_Q \frac{|\nabla f(z)|}{|z-x|^{n-1}} dz = C_n I_1(|\nabla f| \chi_Q)(x).
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We will prove something a bit more general.

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END FIRST LECTURE