

Consider the error in using an N -term sum with coeffs $c_n = (f_n, f)$

$$E_N = f - \sum_{n=1}^N c_n f_n$$

including the products of sums,
and use formula for c_n ,
then simplify.

Write out $\|E_N\|^2$, expand as much as possible, and finally use $\|E_N\|^2 \geq 0$:

BONUS: Use your above simplest expression for $\|E_N\|^2$ to show, for any coeffs a_n :

$$\|f - \sum_{n=1}^N a_n f_n\|^2 - \|E_N\|^2 = \sum_{n=1}^N (a_n - c_n)^2 \geq 0$$

so for any $\{a_n\}$ the error cannot do better than $\{c_n\}$, these c_n are optimal.

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$$\|E_N\|^2 = (E_N, E_N) = \left(f - \sum c_n f_n, f - \sum c_n f_n \right)$$

by linearity
 $(a, b+c) = (a, b) + (a, c)$

$$= (f, f) - 2 \left(f, \sum c_n f_n \right) + \left(\sum c_n f_n, \sum c_n f_n \right)$$

$$= \|f\|^2 - 2 \sum c_n \underbrace{(f, f_n)}_{= c_n} + \sum_n \sum_m c_n c_m \underbrace{(f_n, f_m)}_{\substack{= 1 \text{ if } m=n \\ 0 \text{ otherwise}}}$$

$$= \|f\|^2 - 2 \sum c_n^2 + \sum c_n^2$$

$$= \|f\|^2 - \sum_{n=1}^N c_n^2$$

$$\geq 0$$

since $\|\cdot\|^2$ anything
is non-negative!

$$\text{so } \sum_{n=1}^N c_n^2 \leq \|f\|^2$$

Bessel's Inequality

QED.

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$\|f\|^2$ See book p. 212