

## REVERSES OF YOUNG TYPE INEQUALITIES

## ALIAA BURQAN AND MONA KHANDAQJI

**Abstract.** This paper aims to give reverses of Young type inequalities which were established by Kai [4]. Then we use these inequalities to establish corresponding inequalities for matrices. Also we present a refinement of the trace version of Young's inequality.

Mathematics subject classification (2010): 15A45, 15A60.

Keywords and phrases: Unitarily invariant norms, Young inequality, positive matrices, singular values.

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