

0.22
3

$$(x^2+10x+12)(x^2+10x+13) \leq 12$$

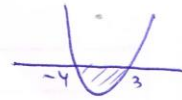
$$x^2+10x+12=t \quad (10)$$

$$t(t+1) \leq 12$$

$$t^2+t-12 \leq 0$$

$$-4 \leq t \leq 3$$

$$-4 \leq x^2+10x+12 \leq 3$$

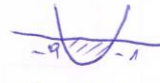


$$0 \leq x^2+10x+16$$

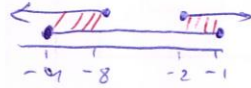
$$x^2+10x+9 \leq 0$$



$$x \leq -8 \quad \text{or} \quad x \geq -2$$



$$-9 \leq x \leq -1$$



$$-9 \leq x \leq -8 \quad \text{or} \quad -2 \leq x \leq -1$$