

# A simple proof of the Poincaré inequality for a large class of probability measures

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## Abstract

Abstract. We give a simple and direct proof of the existence of a spectral gap under some Lyapunov type condition which is satisfied in particular by log-concave probability measures on  $\mathbb{R}^n$ . The proof is based on arguments introduced in Bakry and al, but for the sake of completeness, all details are provided.

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Pages: 60-66

Published on: February 4, 2008

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