Подстановка среднего арифметического
(x + 1)^4 + (x + 3)^4 = 16

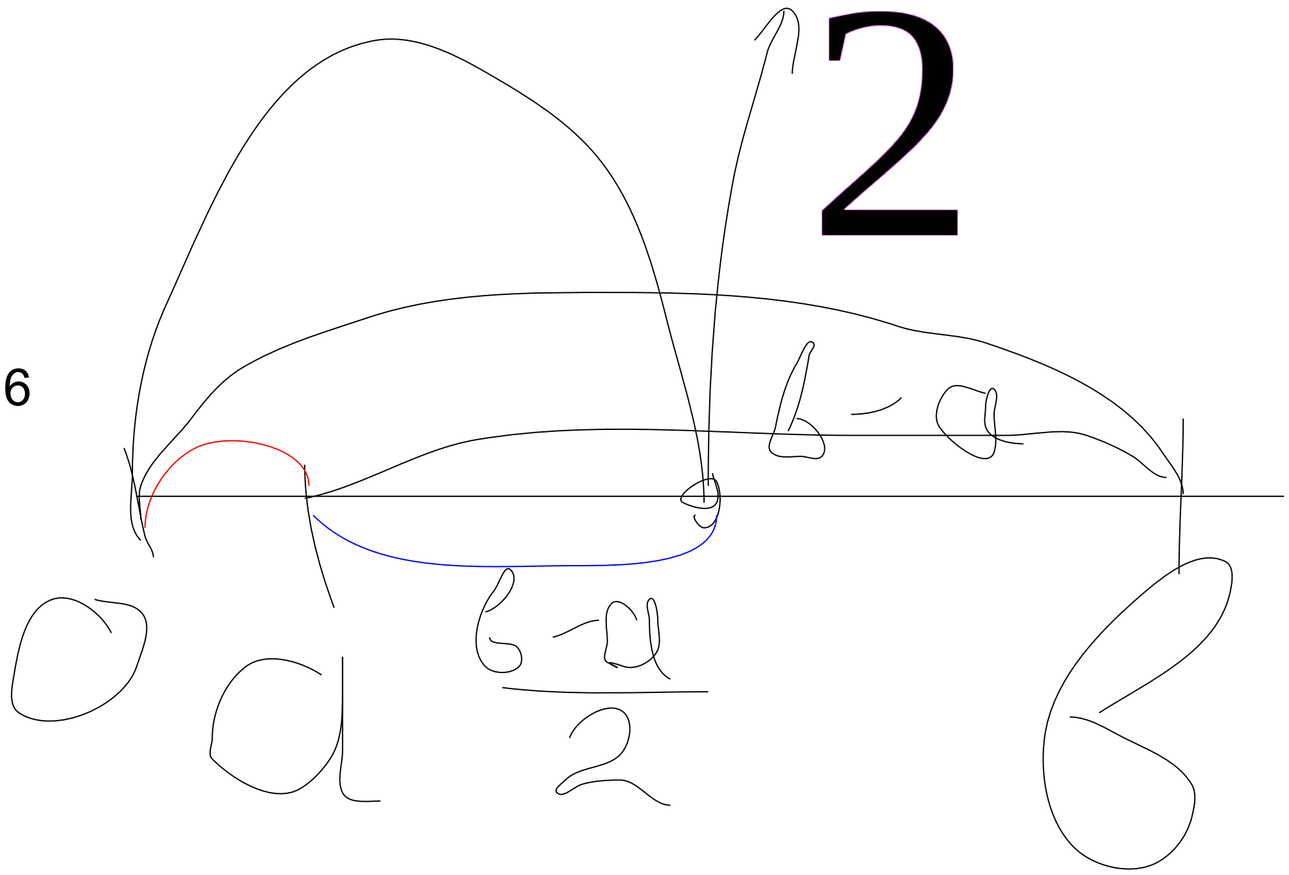
$$\frac{a+в}{2}$$

t=x+2=> x=t-2

(t-1)^4 + (t+1)^4 = 16
(a+b)^4
11
121
1331
14641
a^4 + 4a^3b + 6a^2b^2 + 4ab^3+b^4
t^4 - 4t^3 + 6t^2 - 4t + 1 + t^4 + 4t^3+6t^2+4t+1 =16
2t^4 + 12t^2 + 2 = 16
t^4 + 6t^2 + 1 = 8
t^4 + 6t^2 - 7 = 0
t^2 = v
v^2 + 6v - 7 = 0
v1 = 1
1*v2 = -7 => v2 = -7
v2 = -7
t^2 = 1
t1,t2=+-1
x = t - 2
x1 = -1
x2 = -3

t^2 = -7 no answer

answer : -1,-3



a+(b-a)/2 = 2a/2 + (b-a)/2=
=(2a+b-a)/2=(a+b)/2