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Numerical radius and distance from unitary operators

Catalin Badea and Michel Crouzeix

Abstract

Denote by w(A) the numerical radius of a bounded linear operator A acting on Hilbert space. Suppose that A is invertible and that $w(A) \leq 1+\varepsilon$ and $w(A^{-1}) \leq 1+\varepsilon$ for some $\varepsilon \geq 0$. It is shown that $\inf\{\|A-U\|: U \text{ unitary}\} \leq c\varepsilon^{1/4}$ for some constant c>0. This generalizes a result due to J.G. Stampfli, which is obtained for $\varepsilon=0$. An example is given showing that the exponent 1/4 is optimal. The more general case of the operator ρ -radius $w_{\rho}(\cdot)$ is discussed for $1 \leq \rho \leq 2$.

1 Introduction and statement of the results

Let H be a complex Hilbert space endowed with the inner product $\langle \cdot, \cdot \rangle$ and the associated norm $\| \cdot \|$. We denote by $\mathcal{B}(H)$ the C*-algebra of all bounded linear operators on H equipped with the operator norm

$$||A|| = \sup\{||Ah|| : h \in H, ||h|| = 1\}.$$

It is easy to see that unitary operators can be characterized as invertible contractions with contractive inverses, i.e. as operators A with $||A|| \le 1$ and $||A^{-1}|| \le 1$. More generally, if $A \in \mathcal{B}(H)$ is invertible then

$$\inf \{ ||A - U|| : U \text{ unitary } \} = \max \left(||A|| - 1, 1 - \frac{1}{||A^{-1}||} \right).$$

We refer to [6, Theorem 1.3] and [9, Theorem 1] for a proof of this equality using the polar decomposition of bounded operators. It also follows from this proof that if $A \in \mathcal{B}(H)$ is an invertible operator satisfying $||A|| \leq r$ and $||A^{-1}|| \leq r$ for some $r \geq 1$, then there exists a unitary operator $U \in \mathcal{B}(H)$ such that $||A-U|| \leq r-1$.

The numerical radius of the operator A is defined by

$$w(A) = \sup\{|\langle Ah, h \rangle| : h \in H, ||h|| = 1\}.$$

Stampfli has proved in [8] that numerical radius contractivity of A and of its inverse A^{-1} , that is $w(A) \leq 1$ and $w(A^{-1}) \leq 1$, imply that A is unitary. We define a function $\psi(r)$ for $r \geq 1$ by

$$\psi(r) = \sup\{\|A\| : A \in \mathcal{B}(H), w(A) \le r, \ w(A^{-1}) \le r\},\$$

the supremum being also considered over all Hilbert spaces H. Then the conditions $w(A) \leq r$ and $w(A^{-1}) \leq r$ imply $\max(\|A\|-1, 1-\|A^{-1}\|^{-1}) \leq \max(\|A\|-1, \|A^{-1}\|-1) \leq \psi(r)-1$, hence the existence of a unitary operator U such that $\|A-U\| \leq \psi(r)-1$. We have the two-sided estimate

$$r+\sqrt{r^2-1} \le \psi(r) \le 2r$$
.

The upper bound follows from the well-known inequalities $w(A) \leq ||A|| \leq 2w(A)$, while the lower bound is obtained by choosing $H = \mathbb{C}^2$ and

$$A = \begin{pmatrix} 1 & 2y \\ 0 & -1 \end{pmatrix} \quad \text{with} \quad y = \sqrt{r^2 - 1},$$

in the definition of ψ . Indeed, we have $A=A^{-1},$ $w(A)=\sqrt{1+y^2}=r,$ and $\|A\|=y+\sqrt{1+y^2}=r+\sqrt{r^2-1}.$

Our first aim is to improve the upper estimate.

Theorem 1.1. Let $r \geq 1$. Then

$$\psi(r) \le X(r) + \sqrt{X(r)^2 - 1}, \quad with \quad X(r) = r + \sqrt{r^2 - 1}.$$
 (1)

The estimate given in Theorem 1.1 is more accurate than $\psi(r) \leq 2r$ for r close to 1, more precisely for $1 \leq r \leq 1.0290855...$ It also gives $\psi(1) = 1$ (leading to Stampfli's result) and the following asymptotic estimate.

Corollary 1.2. We have

$$\psi(1+\varepsilon) \le 1 + \sqrt[4]{8\varepsilon} + O(\varepsilon^{1/2}), \quad \varepsilon \to 0.$$

Our second aim is to prove that the exponent 1/4 in Corollary 1.2 is optimal. This is a consequence of the following result.

Theorem 1.3. Let n be a positive integer of the form n = 8k + 4. There exists a $n \times n$ invertible matrix A_n with complex entries such that

$$w(A_n) \le \frac{1}{\cos \frac{\pi}{n}}, \quad w(A_n^{-1}) \le \frac{1}{\cos \frac{\pi}{n}}, \quad ||A_n|| = 1 + \frac{1}{8\sqrt{n}}.$$

Indeed, Theorem 1.3 implies that

$$\psi\left(\frac{1}{\cos\frac{\pi}{n}}\right) \ge ||A_n|| = 1 + \frac{1}{8\sqrt{n}}.$$

Taking $1+\varepsilon=1/\cos\frac{\pi}{n}=1+\frac{\pi^2}{2n^2}+O(\frac{1}{n^4})$, we see that the exponent $\frac{1}{4}$ cannot be improved.

More generally, we can consider for $\rho \geq 1$ the ρ -radius $w_{\rho}(A)$ introduced by Sz.-Nagy and Foiaş (see [5, Chapter 1] and the references therein). Consider the class \mathcal{C}_{ρ} of operators $T \in \mathcal{B}(H)$ which admit unitary ρ -dilations, i.e. there exist a super-space $\mathcal{H} \supset H$ and a unitary operator $U \in \mathcal{B}(\mathcal{H})$ such that

$$T^n = \rho P U^n P^*$$
, for $n = 1, 2, \dots$

Here P denotes the orthogonal projection from \mathcal{H} onto H. Then the operator ρ -radius is defined by

$$w_{\rho}(A) = \inf\{\lambda > 0; \lambda^{-1}A \in \mathcal{C}_{\rho}\}.$$

From this definition it is easily seen that $r(A) \leq w_{\rho}(A) \leq \rho ||A||$, where r(A) denotes the spectral radius of A. Also, $w_{\rho}(A)$ is a non-increasing function of ρ . Another equivalent definition follows from [5, Theorem 11.1]:

$$w_{\rho}(A) = \sup_{h \in \mathcal{E}_{\rho}} \left\{ (1 - \frac{1}{\rho}) \left| \langle Ah, h \rangle \right| + \sqrt{(1 - \frac{1}{\rho})^2 \left| \langle Ah, h \rangle \right|^2 + (\frac{2}{\rho} - 1) \|Ah\|^2} \right\}, \quad \text{with}$$

$$\mathcal{E}_{\rho} = \left\{ h \in H ; \|h\| = 1 \text{ and} (1 - \frac{1}{\rho})^2 \left| \langle Ah, h \rangle \right|^2 - (1 - \frac{2}{\rho}) \|Ah\|^2 \ge 0 \right\}.$$

Notice that $\mathcal{E}_{\rho} = \{h \in H : ||h|| = 1\}$ whenever $1 \le \rho \le 2$. This shows that $w_1(A) = ||A||, w_2(A) = w(A)$ and $w_{\rho}(A)$ is a convex function of A if $1 \le \rho \le 2$.

We now define a function $\psi_o(r)$ for $r \geq 1$ by

$$\psi_{\rho}(r) = \sup\{\|A\|; A \in \mathcal{B}(H), w_{\rho}(A) \le r, \ w_{\rho}(A^{-1}) \le r\}.$$

As before, the conditions $w_{\rho}(A) \leq r$ and $w_{\rho}(A^{-1}) \leq r$ imply the existence of a unitary operator U such that $||A-U|| \leq \psi_{\rho}(r)-1$, and we have $\psi_{\rho}(r) \leq \rho r$. We will generalize the estimate (1) from Theorem 1.1 by proving, for $1 \leq \rho \leq 2$, the following result.

Theorem 1.4. For $1 \le \rho \le 2$ we have

$$\psi_{\rho}(r) \leq X_{\rho}(r) + \sqrt{X_{\rho}(r)^{2} - 1},$$
with $X_{\rho}(r) = \frac{2 + \rho r^{2} - \rho + \sqrt{(2 + \rho r^{2} - \rho)^{2} - 4r^{2}}}{2r}.$ (2)

Corollary 1.5. For $1 \le \rho \le 2$ we have

$$\psi_{\rho}(1+\varepsilon) \le 1 + \sqrt[4]{8(\rho-1)\varepsilon} + O(\varepsilon^{1/2}), \quad \varepsilon \to 0.$$

We recover in this way for $1 \le \rho \le 2$ the recent result of Ando and Li [2, Theorem 2.3], namely that $w_{\rho}(A) \le 1$ and $w_{\rho}(A^{-1}) \le 1$ imply A is unitary. The range $1 \le \rho \le 2$ coincides with the range of those $\rho \ge 1$ for which $w_{\rho}(\cdot)$ is a norm. Contrarily to [2], we have not been able to treat the case $\rho > 2$.

The organization of the paper is as follows. In Section 2 we prove Theorem 1.4, which reduces to Theorem 1.1 in the case $\rho = 2$. The proof of Theorem 1.3 which shows the optimality of the exponent 1/4 in Corollary 1.2 is given in Section 3.

As a concluding remark, we would like to mention that the present developments have been influenced by the recent work of Sano/Uchiyama [7] and Ando/Li [2]. In [3], inspired by the paper of Stampfli [8], we have developed another (more complicated) approach in the case $\rho = 2$.

2 Proof of Theorem 1.4 about ψ_{ρ}

Let us consider $M = \frac{1}{2}(A + (A^*)^{-1})$; then

$$M^*M - 1 = \frac{1}{4}(A^*A + (A^*A)^{-1} - 2) \ge 0.$$

This implies $||M^{-1}|| \le 1$. In what follows $C^{1/2}$ will denote the positive square root of the self-adjoint positive operator C. The relation $(A^*A - 2M^*M + 1)^2 = 4M^*M(M^*M - 1)$ yields

$$A^*A - 2M^*M + 1 \le 2(M^*M)^{1/2}(M^*M - 1)^{1/2},$$

whence $A^*A \le ((M^*M)^{1/2} + (M^*M - 1)^{1/2})^2.$

Therefore $||A|| \le ||M|| + \sqrt{||M||^2 - 1}$.

We now assume $1 \leq \rho \leq 2$. Then $w_{\rho}(.)$ is a norm and the two conditions $w_{\rho}(A) \leq r$ and $w_{\rho}(A^{-1}) \leq r$ imply $w_{\rho}(M) \leq r$. The desired estimate of $\psi_{\rho}(r)$ will follow from the following auxiliary result.

Lemma 2.1. Assume $\rho \geq 1$. Then the assumptions $w_{\rho}(M) \leq r$ and $||M^{-1}|| \leq 1$ imply $||M|| \leq X_{\rho}(r)$.

Proof. The contractivity of M^{-1} implies

$$||u|| \le ||Mu||, \quad (\forall u \in H). \tag{3}$$

As $w_{\rho}(M) \leq r$, it follows from a generalization by Durszt [4] of a decomposition due to Ando [1], that the operator M can be decomposed as

$$M = \rho r B^{1/2} U C^{1/2}$$
.

with U unitary, C selfadjoint satisfying 0 < C < 1, and B = f(C) with $f(x) = (1-x)/(1-\rho(2-\rho)x)^{-1}$. Notice that f is a decreasing function on the segment [0,1] and an involution: f(f(x)) = x. Let $[\alpha, \beta]$ be the smallest segment containing the spectrum of C. Then $[\sqrt{\alpha}, \sqrt{\beta}]$ is the smallest segment containing the spectrum of $C^{1/2}$ and $[\sqrt{f(\beta)}, \sqrt{f(\alpha)}]$ is the smallest segment containing the spectrum of $B^{1/2}$. We have

$$||u|| \le ||Mu|| \le \rho r \sqrt{f(\alpha)} ||C^{1/2}u||, \quad (\forall u \in H).$$

Choosing a sequence u_n of norm-one vectors ($||u_n|| = 1$) such that $||C^{1/2}u_n||$ tends to $\sqrt{\alpha}$, we first get $1 \le \rho r \sqrt{\alpha f(\alpha)}$, i.e. $1 - (2 + \rho r^2 - \rho)\rho\alpha + \rho^2 r^2\alpha^2 \le 0$. Consequently we have

$$\frac{2 + \rho r^2 - \rho - \sqrt{(2 + \rho r^2 - \rho)^2 - 4r^2}}{2 \, \rho \, r^2} \leq \alpha \leq \frac{2 + \rho r^2 - \rho + \sqrt{(2 + \rho r^2 - \rho)^2 - 4r^2}}{2 \, \rho \, r^2},$$

and by $\alpha = f(f(\alpha))$

$$\frac{2 + \rho r^2 - \rho - \sqrt{(2 + \rho r^2 - \rho)^2 - 4r^2}}{2 \, \rho \, r^2} \leq f(\alpha) \leq \frac{2 + \rho r^2 - \rho + \sqrt{(2 + \rho r^2 - \rho)^2 - 4r^2}}{2 \, \rho \, r^2}.$$

Similarly, noticing that $||(M^*)^{-1}|| \leq 1$, $M^* = \rho r C^{1/2} U^* B^{1/2}$ and C = f(B), we obtain

$$\frac{2 + \rho r^2 - \rho - \sqrt{(2 + \rho r^2 - \rho)^2 - 4r^2}}{2 \, \rho \, r^2} \leq \beta \leq \frac{2 + \rho r^2 - \rho + \sqrt{(2 + \rho r^2 - \rho)^2 - 4r^2}}{2 \, \rho \, r^2}.$$

Therefore

$$\|M\| \leq \rho r \, \|B^{1/2}\| \, \|C^{1/2}\| = \rho r \, \sqrt{f(\alpha)\beta} \leq \frac{2 + \rho r^2 - \rho + \sqrt{(2 + \rho r^2 - \rho)^2 - 4r^2}}{2 \, r}.$$

This shows that $||M|| \leq X_{\rho}(r)$.

3 The exponent 1/4 is optimal (Proof of Theorem 1.3)

Consider the family of $n \times n$ matrices A = DBD, defined for n = 8k + 4, by

$$D = \operatorname{diag}(e^{i\pi/2n}, \dots, e^{(2\ell-1)i\pi/2n}, \dots, e^{(2n-1)i\pi/2n}),$$

$$B = I + \frac{1}{2n^{3/2}}E, \quad \text{where } E \text{ is a matrix whose entries are defined as}$$

$$e_{ij} = 1 \quad \text{if } 3k + 2 \leq |i-j| \leq 5k + 2, \qquad e_{ij} = 0 \quad \text{otherwise.}$$

We first remark that $||A|| = ||B|| = 1 + \frac{1}{8\sqrt{n}}$. Indeed, B is a symmetric matrix with non negative entries, $Be = (1 + \frac{1}{8\sqrt{n}})e$ with $e^T = (1, 1, 1, ..., 1)$. Thus $||B|| = r(B) = 1 + \frac{1}{8\sqrt{n}}$ by the Perron-Frobenius theorem.

Consider now the permutation matrix P defined by $p_{ij} = 1$ if i = j+1 modulo n and $p_{ij} = 0$ otherwise and the diagonal matrix $\Delta = \text{diag}(1, \ldots, 1, -1)$. Then $P^{-1}DP = e^{i\pi/n}\Delta D$ and $P^{-1}EP = E$, whence $(P\Delta)^{-1}AP\Delta = e^{2i\pi/n}A$. Since $P\Delta$ is a unitary matrix, the numerical range $W(A) = \{\langle Au, u \rangle, ; ||u|| = 1\}$ of A satisfies $W(A) = W((P\Delta)^{-1}AP\Delta) = e^{2i\pi/n}W(A)$. This shows that the numerical range of A is invariant by the rotation of angle $2\pi/n$ centered in 0, and the same property also holds for the numerical range of A^{-1} .

We postpone the proof of the estimates $\left\|\frac{1}{2}(A+A^*)\right\| \leq 1$ and $\left\|\frac{1}{2}(A^{-1}+(A^{-1})^*)\right\| \leq 1$ to later sections. Using these estimates, we obtain that the numerical range W(A) is contained in the halfplane $\{z : \operatorname{Re} z \leq 1\}$, whence in the regular n-sided polygon given by the intersection of the half-planes $\{z : \operatorname{Re}(e^{2i\pi k/n}z) \leq 1\}$, $k = 1, \ldots, n$. Consequently $w(A) \leq 1/\cos(\pi/n)$. The proof of $w(A^{-1}) \leq 1/\cos(\pi/n)$ is similar.

3.1 Proof of $\left\| \frac{1}{2}(A+A^*) \right\| \le 1$.

Since the (ℓ, j) -entry of A is $e^{(\ell+j-1)i\frac{\pi}{n}} \left(\delta_{\ell,j} + \frac{e_{\ell,j}}{2n^{3/2}}\right)$, the matrix $\frac{1}{2}(A+A^*)$ is a real symmetric matrix whose (i,j)-entry is $\cos\left((i+j-1)\frac{\pi}{n}\right)\left(\delta_{i,j} + \frac{e_{i,j}}{2n^{3/2}}\right)$. It suffices to show that, for every $u=(u_1,\cdots,u_n)^T\in\mathbb{R}^n$, we have $||u||^2-\operatorname{Re}\langle Au,u\rangle\geq 0$. Let $\mathcal{E}=\{(i,j)\,;1\leq i,j\leq n,3k+2\leq |i-j|\leq 5k+2\}$. The inequality which has to be proved is equivalent to

$$\sum_{i=1}^{n} 2\sin^2((i-\frac{1}{2})\frac{\pi}{n}) u_i^2 - \frac{1}{2n^{3/2}} \sum_{i,j \in \mathcal{E}} \cos((i+j-1)\frac{\pi}{n}) u_i u_j \ge 0.$$

Setting $v_j = u_j \sin((j-\frac{1}{2})\frac{\pi}{n})$, this may be also written as follows

$$2||v||^2 - \langle Mv, v \rangle + \frac{1}{2n^{3/2}} \langle Ev, v \rangle \ge 0, \qquad (v \in \mathbb{R}^n).$$

$$\tag{4}$$

Here M is the matrix whose entries are defined by

$$m_{ij} = \frac{1}{2n^{3/2}} \cot((i - \frac{1}{2})\frac{\pi}{n}) \cot((j - \frac{1}{2})\frac{\pi}{n}), \quad \text{if } (i, j) \in \mathcal{E}, \quad m_{ij} = 0 \quad \text{otherwise.}$$

We will see that the Frobenius (or Hilbert-Schmidt) norm of M satisfies $||M||_F \leq \sqrt{9/32} < 3/4$. A fortiori, the operator norm of M satisfies $||M|| \leq \frac{3}{4}$. Together with ||E|| = n/4, this shows that $||M|| + \frac{1}{2n^{3/2}}||E|| \leq \frac{7}{8}$. Property (4) is now verified.

It remains to show that $||M||_F^2 \leq \frac{9}{32}$. First we notice that $m_{ij} = m_{ji} = m_{n+1-i,n+1-j}$, and $m_{ii} = 0$. Hence, with $\mathcal{E}' = \{(i,j) \in \mathcal{E} : i < j \text{ and } i+j \leq n+1\}$,

$$||M||_F^2 = 2 \sum_{i < j} |m_{ij}|^2 \le 4 \sum_{(i,j) \in \mathcal{E}'} |m_{ij}|^2.$$

We have, for $(i, j) \in \mathcal{E}'$,

$$2j \le i + j + 5k + 2 \le n + 5k + 3 = 13k + 7$$
, thus $3k + 3 \le j \le \frac{13k + 7}{2}$, $2i \le i + j - 3k - 2 \le n - 3k - 1 = 5k + 3$, thus $1 \le i \le \frac{5k + 3}{2}$.

This shows that

$$\tfrac{3\pi}{16} \leq \tfrac{3k+2}{16k+8}\pi \leq (j-\tfrac{1}{2})\tfrac{\pi}{n} \leq \tfrac{13k+6}{16k+8}\pi \leq \pi - \tfrac{3\pi}{16}, \quad \text{hence} \quad |\cot((j-\tfrac{1}{2})\tfrac{\pi}{n})| \leq \cot\tfrac{3\pi}{16} \leq \tfrac{3}{2}.$$

We also use the estimate $\cot((i-\frac{1}{2})\frac{\pi}{n}) \le n/(\pi(i-\frac{1}{2}))$ and the classical relation $\sum_{i\ge 1} (i-1/2)^{-2} = \pi^2/2$ to obtain

$$||M||_F^2 \le 4 \sum_{(i,j) \in \mathcal{E}'} |m_{ij}|^2 \le \frac{4}{4n^3} \frac{n^2}{\pi^2} \sum_{i \ge 1} \frac{1}{(i-1/2)^2} (2k+1) \frac{9}{4} = \frac{9}{32}.$$

3.2 Proof of $\left\| \frac{1}{2} (A^{-1} + (A^{-1})^*) \right\| \le 1$.

We start from

$$(A^{-1})^* = D(1 + \frac{1}{2n^{3/2}}E)^{-1}D$$

= $D^2 - \frac{1}{2n^{3/2}}DED + \frac{1}{4n^3}DE^2(1 + \frac{1}{2n^{3/2}}E)^{-1}D,$

and we want to show that $||u||^2 - \operatorname{Re}\langle A^{-1}u, u \rangle \ge 0$. As previously, we set $v_j = u_j \sin((j - \frac{1}{2})\frac{\pi}{n})$. The inequality $\left\|\frac{1}{2}(A^{-1} + (A^{-1})^*)\right\| \le 1$ is equivalent to

$$2||v||^2 - \langle (M_1 + M_2 + M_3 + M_4)v, v \rangle \ge 0, \qquad (v \in \mathbb{R}^n).$$

Here the entries of the matrices M_p , $1 \le p \le 4$, are given by

$$\begin{split} &(m_1)_{ij} = -\frac{1}{2n^{3/2}} \cot((i - \frac{1}{2})\frac{\pi}{n}) \cot((j - \frac{1}{2})\frac{\pi}{n})e_{ij}, \\ &(m_2)_{ij} = \frac{1}{2n^{3/2}} e_{ij}, \\ &(m_3)_{ij} = \frac{1}{4n^3} \cot((i - \frac{1}{2})\frac{\pi}{n}) \cot((j - \frac{1}{2})\frac{\pi}{n})f_{ij}, \\ &(m_4)_{ij} = -\frac{1}{4n^3} f_{ij}, \end{split}$$

 e_{ij} and f_{ij} respectively denoting the entries of the matrices E and $F = E^2(1 + \frac{1}{2n^{3/2}}E)^{-1}$. Noticing that $M_1 = -M$, we have $||M_1|| \le \frac{3}{4}$, $||M_2|| = \frac{1}{8\sqrt{n}}$, $||F|| \le \frac{n^2/16}{1-1/(8\sqrt{n})} \le \frac{n^2}{14}$ and $||M_4|| = \frac{1}{4n^3} ||F||$. Now we use

$$||M_3||^2 \le ||M_3||_F^2 \le \frac{1}{16n^6} \max_{ij} |f_{ij}|^2 \sum_{i,j} |\cot((i-\frac{1}{2})\frac{\pi}{n})|^2 |\cot((j-\frac{1}{2})\frac{\pi}{n})|^2,$$

together with

$$\begin{split} \sum_{i,j} |\cot((i-\frac{1}{2})\frac{\pi}{n})|^2 |\cot((j-\frac{1}{2})\frac{\pi}{n})|^2 &= \Big(\sum_{i=1}^n |\cot((i-\frac{1}{2})\frac{\pi}{n})|^2\Big)^2 \\ &\leq 4\Big(\sum_{i=1}^{n/2} |\cot((i-\frac{1}{2})\frac{\pi}{n})|^2\Big)^2 \leq n^4, \end{split}$$

to obtain

$$||M_3|| \le \frac{1}{4n} \max_{ij} |f_{ij}|.$$

Using the notation $||E||_{\infty} := \max\{||Eu||_{\infty}; u \in \mathbb{C}^n, ||u||_{\infty} \leq 1\}$ for the operator norm induced by the maximum norm in \mathbb{C}^d , it holds $||E||_{\infty} = n/4$, whence $||\frac{1}{2n^{3/2}}E||_{\infty} \leq 1/8$ and thus $||(1 + \frac{1}{2n^{3/2}}E)^{-1}||_{\infty} \leq \frac{1}{1-1/8} = \frac{8}{7}$. This shows that

$$\max_{ij} |f_{ij}| \le \|(1 + \frac{1}{2n^{3/2}}E)^{-1}\|_{\infty} \max_{ij} |e_{ij}^2| \le \frac{2n}{7},$$

by denoting e_{ij}^2 the entries of the matrix E^2 and noticing that $\max_{i,j} |e_{ij}^2| = n/4$. Finally, we obtain $||M_3|| \le \frac{1}{14}$ and $||M_1 + M_2 + M_3 + M_4|| \le \frac{3}{4} + \frac{1}{8} + \frac{1}{14} + \frac{1}{56} < 1$.

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