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## Thermodynamics of $f(R)$ Theories

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This work investigates a toy model for inflation in a class of modified theories of gravity in the metric formalism. Instead of the standard procedure — assuming a non-linear Lagrangian  $f(R)$  in the Jordan frame — we start from a simple  $\phi^2$  potential in the Einstein frame and investigate the corresponding  $f(R)$  in the former picture. Such approach yields plenty of new pieces of information, namely a self-terminating inflationary solution with a linear Lagrangian, a robust criterion for stability of such theories, a dynamical effective potential for the Ricci scalar  $R$ , the addition of an ad-hoc Cosmological Constant in the Einstein frame leads to a Thermodynamical interpretation of this physical system, which allows further insight on its (meta)stability and evolution.

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