

14. The vectors \mathbf{u} and \mathbf{v} are such that

- $|\mathbf{u}| = 4$
- $|\mathbf{v}| = 5$
- $\mathbf{u} \cdot (\mathbf{u} + \mathbf{v}) = 21$

Determine the size of the angle between the vectors \mathbf{u} and \mathbf{v} .