

$$W_i = \frac{1}{\hbar} \sum_n \frac{j_{ij} \Delta H_j f_{n,ij}}{E_{f_n} - E_i}$$

$$\frac{j_{ii} f_{n,ii}}{E_{f_n} - E_i} \Delta H_j$$

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$$\frac{1}{h} \frac{1}{\hbar} \sum_n \frac{1}{p_{h_n} h_s} = \int J_{h_s, \#; h_s, n} h_n e_s \int J_{h_s, \#; h_s, n} h_n e_s j ; \dots$$

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