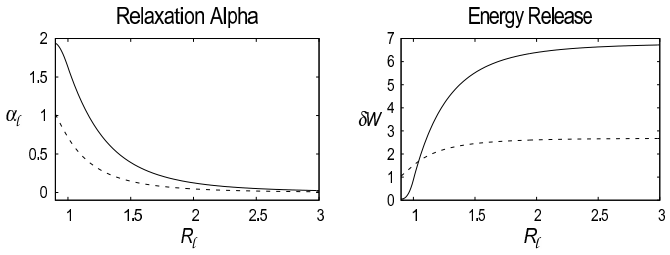
Relaxation Alpha
α_f
R_f
Energy Release
δW
R_f