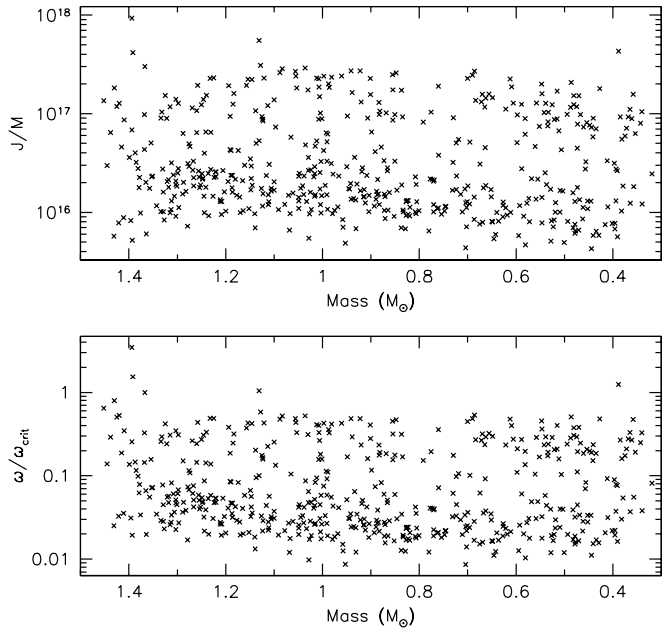
10^{18}
10^{17}
10^{16}
J/M
1.4
1.2
1
0.8
0.6
0.4
Mass ($M_\odot$)

1
0.1
0.01
ω/ω_{crit}
1.4
1.2
1
0.8
0.6
0.4
Mass ($M_\odot$)