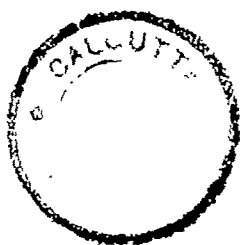


**SPECTRAL DISTRIBUTION THEORY AND STRENGTHS OF
GAMOW-TELLER AND M1 EXCITATIONS**

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