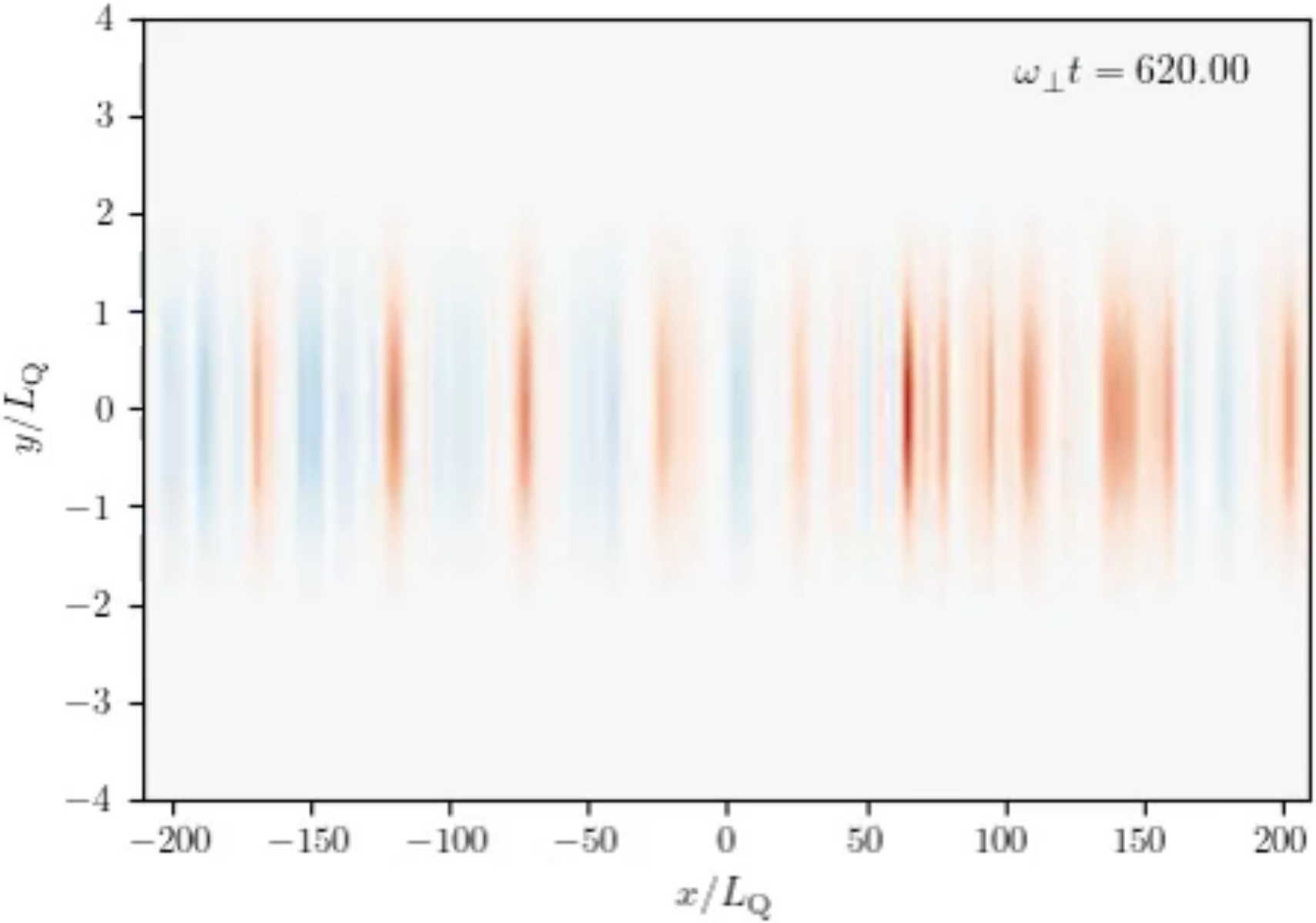
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y/L_Q
x/L_Q
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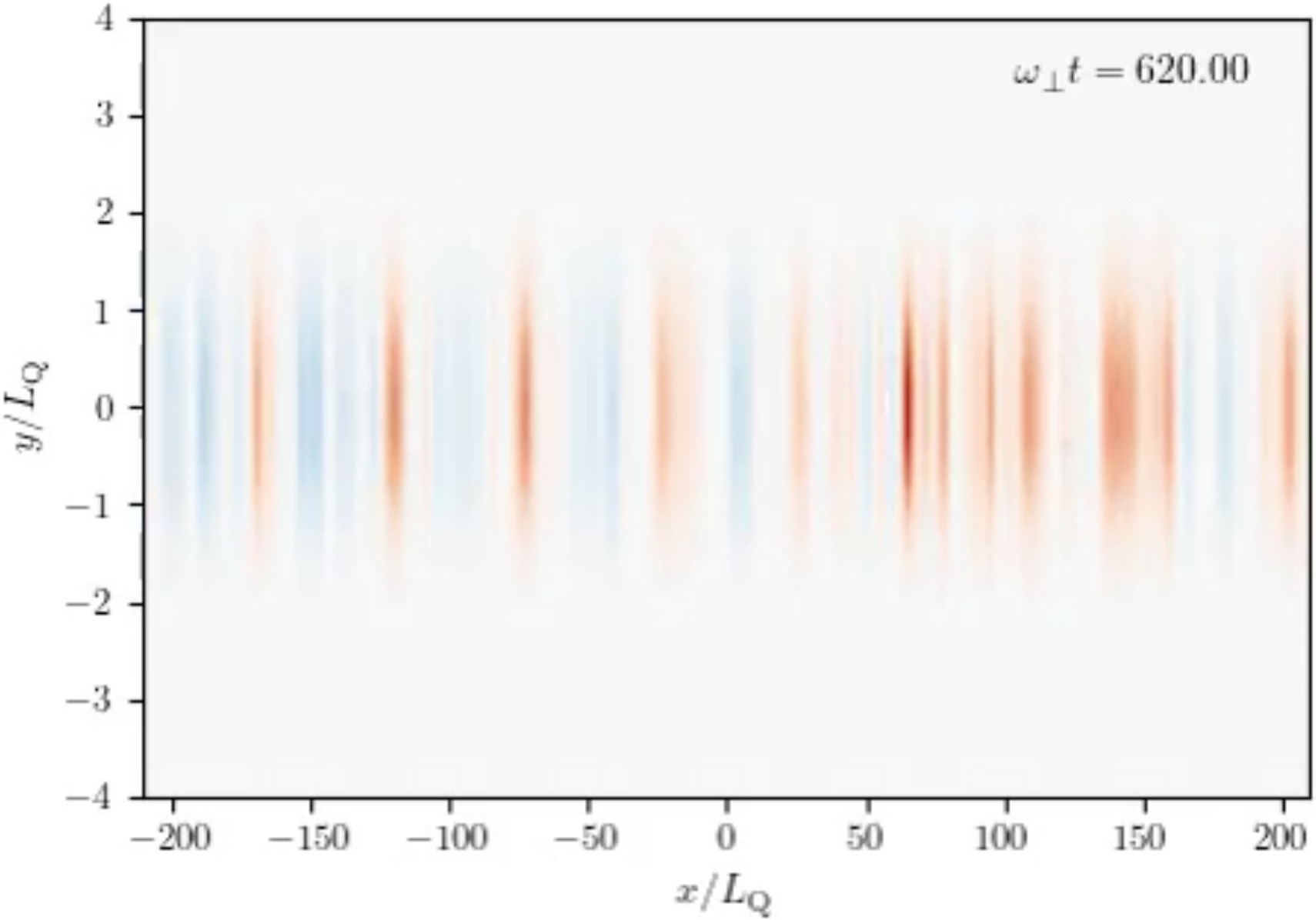
2
1
0
−1
−2
−3
−4
−200
−150
−100
−50
0
50
100
150
200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y/L_Q
x/L_Q
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3
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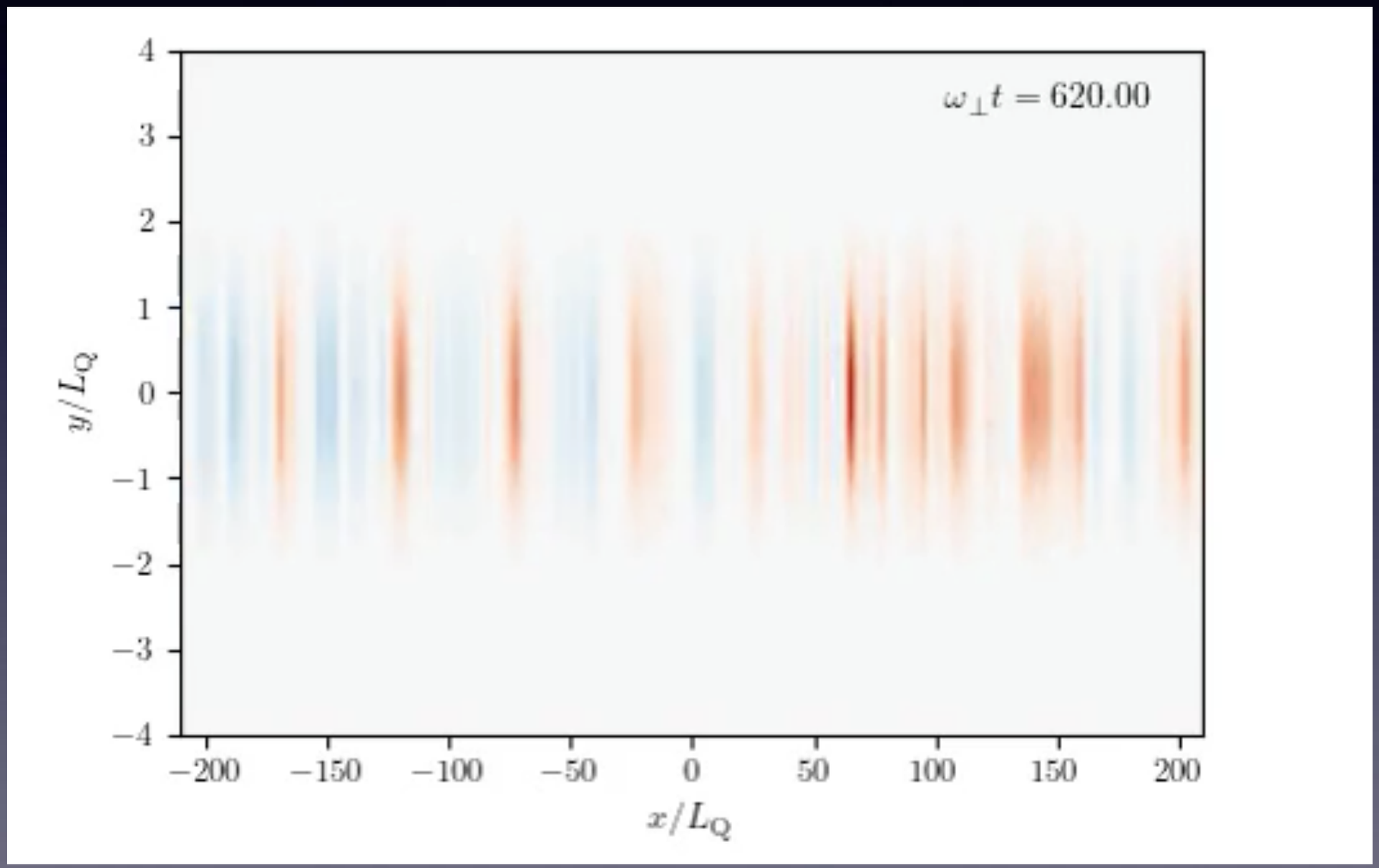
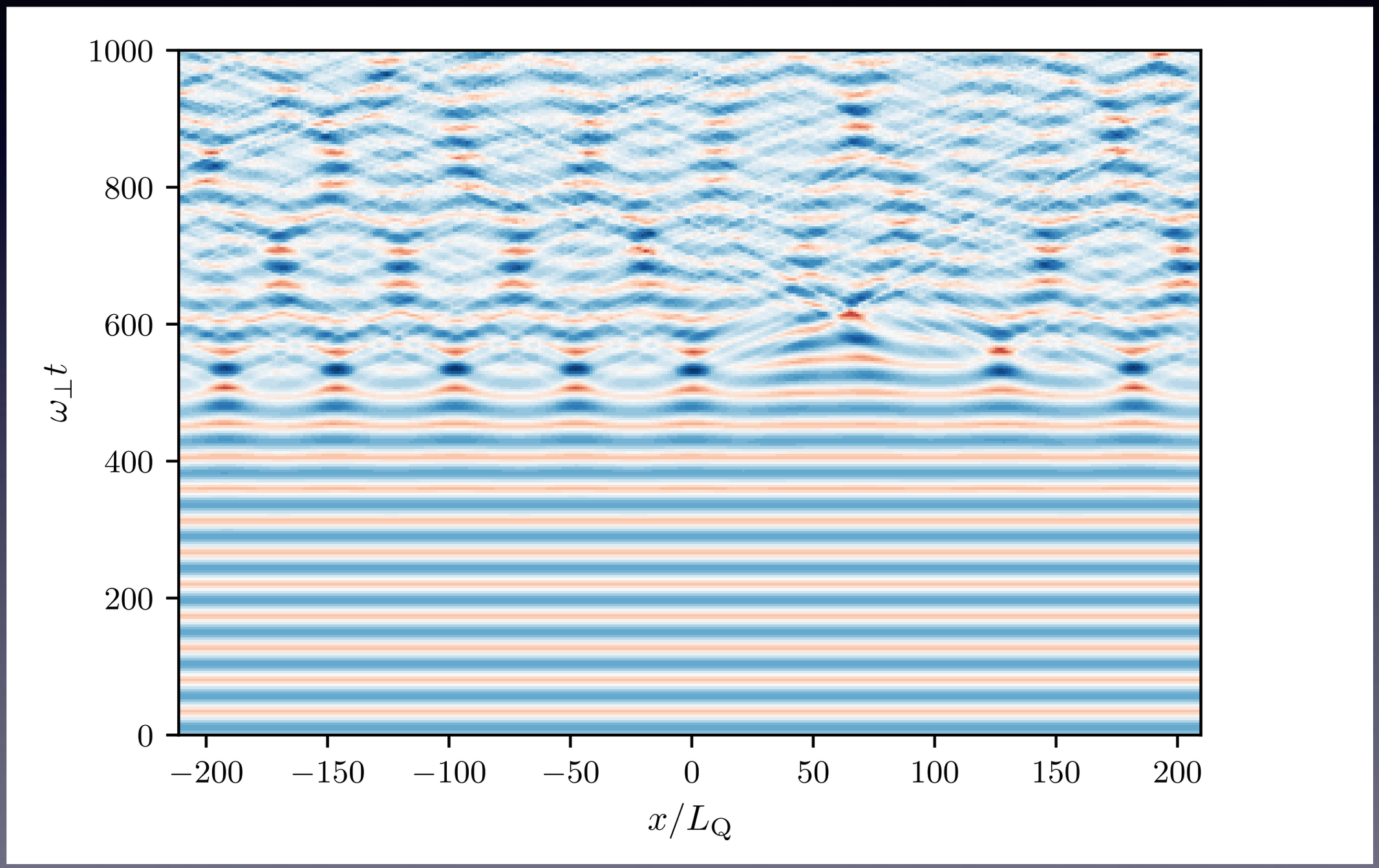
0
50
100
150
200

Preheating in a Trap



Effective 1D Field Evolution