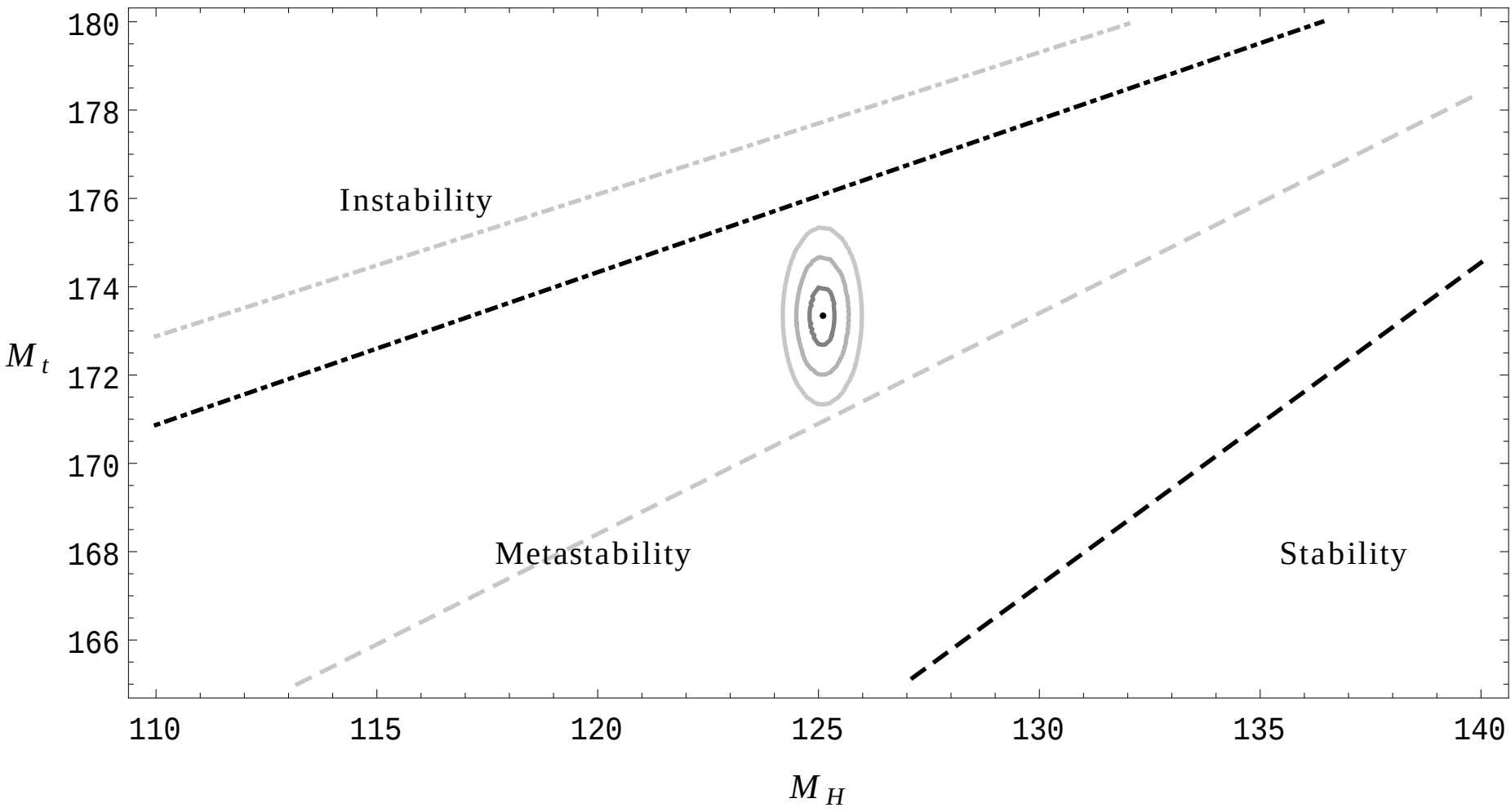
Instability
Metastability
Stability
$M_t$
$M_H$
180
178
176
174
172
170
168
166
110
115
120
125
130
135
140