2150. Find All Lonely Numbers in the Array

Description

You are given an integer array `nums`. A number `x` is **lonely** when it appears only **once**, and no **adjacent** numbers (i.e. `x + 1` and `x - 1)` appear in the array.

Return ***all*** *lonely numbers in* `nums`. You may return the answer in **any order**.

Example 1:

```
Input: nums = [10,6,5,8]
Output: [10,8]
Explanation:
- 10 is a lonely number since it appears exactly once and 9 and 11 does not appear in nums.
- 8 is a lonely number since it appears exactly once and 7 and 9 does not appear in nums.
- 5 is not a lonely number since 6 appears in nums and vice versa.
Hence, the lonely numbers in nums are [10, 8].
Note that [8, 10] may also be returned.
```

Example 2:

```
Input: nums = [1,3,5,3]
Output: [1,5]
Explanation:
- 1 is a lonely number since it appears exactly once and 0 and 2 does not appear in nums.
- 5 is a lonely number since it appears exactly once and 4 and 6 does not appear in nums.
- 3 is not a lonely number since it appears twice.
Hence, the lonely numbers in nums are [1, 5].
Note that [5, 1] may also be returned.
```

Constraints:

- `1 <= nums.length <= 10^5`
- `0 <= nums[i] <= 10^6`