442. Find All Duplicates in an Array

Given an integer array nums of length n where all the integers of nums are in the range [1, n] and each integer appears **once** or **twice**, return *an array of all the integers that appears twice.*

You must write an algorithm that runs in O(n) time and uses only constant extra space.

Example 1:

Input: nums = [4,3,2,7,8,2,3,1]

Output: [2,3]

Example 2:

Input: nums = [1,1,2]

Output: [1]

Example 3:

Input: nums = [1]

Output: []

Constraints:

- n == nums.length
- 1 <= n <= 10⁵
- 1 <= nums[i] <= n
- Each element in nums appears once or twice.