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 <= 105
* 0 <= nums[i] <= 106