

# The relax user's guide

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# Chapter 1

## Theory

### 1.1 Generic model-free formulae

#### 1.1.1 The original model-free equation

$$J(\omega) = \frac{2}{5} \left( \frac{S^2 \cdot \tau_m}{1 + (\omega t_m)^2} + \frac{(1 - S^2) \tau}{1 + (\omega t'_e)^2} \right)$$