

a)
$$M = \frac{M_0}{V} |W_0 - N_0| = \frac{M_0^2 N_0^2}{V} |\nabla N_0 - N_0| + \frac{M_0^2 N_0^2}{V} |\nabla N_0 - N_0^2 N_0^2 |\nabla N_0 - N_0^2 |\nabla N$$