"Advanced Strength and Stress Analysis," 2nd ed., Budynas, Problem 1.16: Determine the stress matrix if the modulus of elasticity is 30 Msi, Poissons ratio is 0.3, and the strain matrix is [5, -2, 3; -2, -3, 1; 3, 1, 2] x10-4.

E= 3.00E+07 **nu=** 0.3

	Strain									**Stress**	
e_x			3.33E-08	-1.00E-08	-1.00E-08	0	0	0			s_x
e_y			-1.00E-08	3.33E-08	-1.00E-08	0	0	0			s_y
e_z		"="	-1.00E-08	-1.00E-08	3.33E-08	0	0	0	x		s_z
e_{zy}			0	0	0	8.67E-08	0	0			s_{zy}
e_{zx}			0	0	0	0	8.67E-08	0			s_{zx}
e_{xy}			0	0	0	0	0	8.67E-08			s_{xy}

	Stress									**Strain**	
s_x	1.8462E+04		40384615	17307692	17307692	0	0	0		5.00E-04	e_x
s_y	2.7285E-12		17307692	40384615	17307692	0	0	0		-3.00E-04	e_y
s_z	1.1538E+04	"="	17307692	17307692	40384615	0	0	0	x	2.00E-04	e_z
s_{zy}	1.1538E+03		0	0	0	11538462	0	0		1.00E-04	e_{zy}
s_{zx}	3.4615E+03		0	0	0	0	11538462	0		3.00E-04	e_{zx}
s_{xy}	-2.3077E+03		0	0	0	0	0	11538462		-2.00E-04	e_{xy}