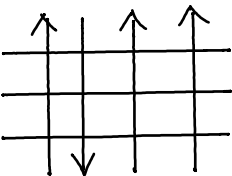
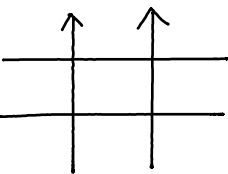
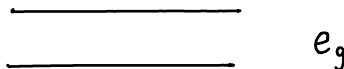


Weak

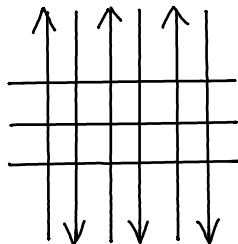


$$S=2 \Rightarrow M=g\mu_B S \approx 4\mu_B$$

Strong



e_g



t_{2g}

$$S=0 \Rightarrow M=0$$



Hund's Rule broken

\Rightarrow orbital quenching