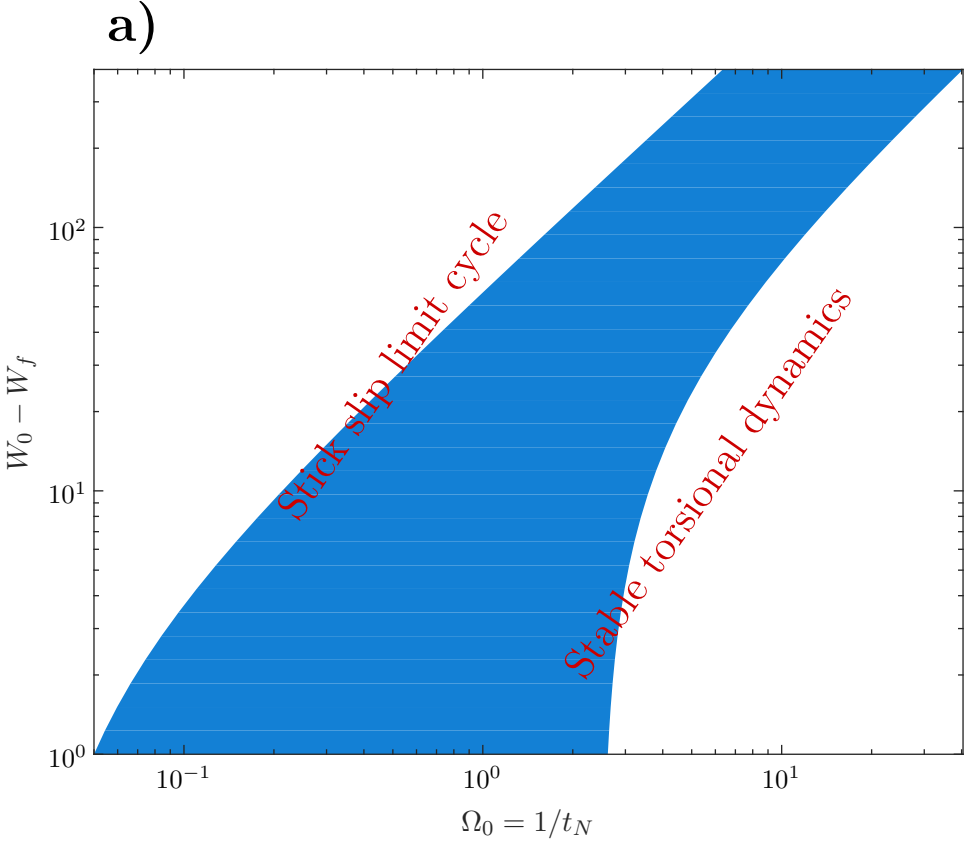
a)
Stick slip limit cycle
Stable torsional dynamics
10^2
10^1
10^0
$W_0 - W_f$
10^{-1}
10^0
10^1
$\Omega_0 = 1/t_N$