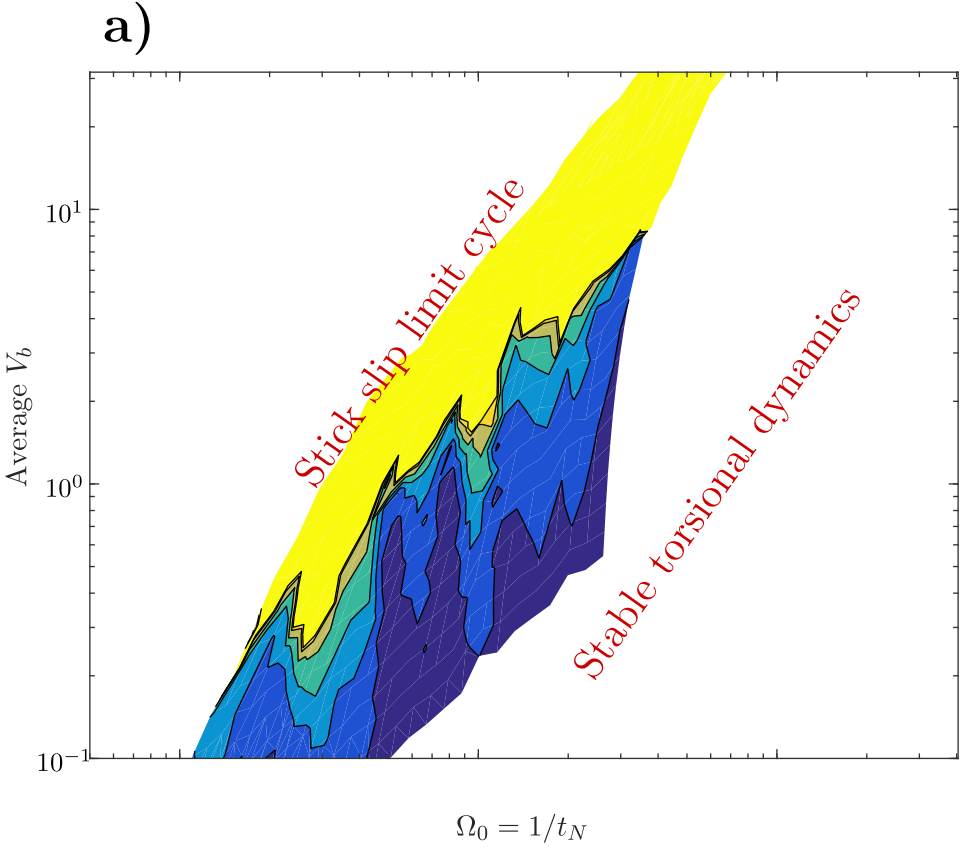
a)
Stick slip limit cycle
Stable torsional dynamics
Average V_b
10^1
10^0
10^{-1}
$\Omega_0 = 1/t_N$