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Fig. 1. A Brixen2003 participant taking notes during a lecture (Times 10 here).

Do not add page numbers. Send the abstract via e-mail to milano2022@gidrm.org. Thank you!

References (Times 12 here and Times 10 each reference)

[1] E. M. Purcell, R. V. Pound, and N. Bloembergen *Phys. Rev.* **70**, 986-987 (1946)

[2] E. Hahn *Phys. Rev.* **80**, 580-594 (1950)