

Formula Sheet

- Conservation of probability

$$\frac{\partial}{\partial t} \rho(x, t) + \frac{\partial}{\partial x} J(x, t) = 0$$

$$\rho(x, t) = |\psi(x, t)|^2; \quad J(x, t) = \frac{\hbar}{2im} \left[\psi^* \frac{\partial}{\partial x} \psi - \psi \frac{\partial}{\partial x} \psi^* \right]$$

- Variational principle:

$$E_{gs} \leq \frac{\int dx \psi^*(x) H \psi(x)}{\int dx \psi^*(x) \psi(x)} \equiv \langle H \rangle_\psi \quad \text{for all } \psi(x)$$

- Spin-1/2 particle:

$$\text{Stern-Gerlach: } H = -\boldsymbol{\mu} \cdot \mathbf{B}, \quad \boldsymbol{\mu} = g \frac{e\hbar}{2m} \frac{1}{\hbar} \mathbf{S} = \gamma \mathbf{S}$$

$$\mu_B = \frac{e\hbar}{2m_e}, \quad \boldsymbol{\mu}_e = -2 \mu_B \frac{\mathbf{S}}{\hbar},$$

$$\text{In the basis } |1\rangle \equiv |z; +\rangle = |+\rangle = \begin{pmatrix} 1 \\ 0 \end{pmatrix}, \quad |2\rangle \equiv |z; -\rangle = |-\rangle = \begin{pmatrix} 0 \\ 1 \end{pmatrix}$$

$$S_i = \frac{\hbar}{2} \sigma_i \quad \sigma_x = \begin{pmatrix} 0 & 1 \\ 1 & 0 \end{pmatrix}; \quad \sigma_y = \begin{pmatrix} 0 & -i \\ i & 0 \end{pmatrix}; \quad \sigma_z = \begin{pmatrix} 1 & 0 \\ 0 & -1 \end{pmatrix}$$

$$[\sigma_i, \sigma_j] = 2i\epsilon_{ijk}\sigma_k \quad \rightarrow \quad [S_i, S_j] = i\hbar\epsilon_{ijk}S_k \quad (\epsilon_{123} = +1)$$

$$\sigma_i \sigma_j = \delta_{ij} I + i\epsilon_{ijk}\sigma_k \quad \rightarrow \quad (\boldsymbol{\sigma} \cdot \mathbf{a})(\boldsymbol{\sigma} \cdot \mathbf{b}) = \mathbf{a} \cdot \mathbf{b} I + i\boldsymbol{\sigma} \cdot (\mathbf{a} \times \mathbf{b})$$

$$e^{i\mathbf{M}\theta} = \mathbf{1} \cos \theta + i \mathbf{M} \sin \theta, \quad \text{if } \mathbf{M}^2 = \mathbf{1}$$

$$\exp(i \mathbf{a} \cdot \boldsymbol{\sigma}) = \mathbf{1} \cos a + i \boldsymbol{\sigma} \cdot \left(\frac{\mathbf{a}}{a} \right) \sin a, \quad a = |\mathbf{a}|$$

$$\exp(i\theta\sigma_3) \sigma_1 \exp(-i\theta\sigma_3) = \sigma_1 \cos(2\theta) - \sigma_2 \sin(2\theta)$$

$$\exp(i\theta\sigma_3) \sigma_2 \exp(-i\theta\sigma_3) = \sigma_2 \cos(2\theta) + \sigma_1 \sin(2\theta).$$

$$S_{\mathbf{n}} = \mathbf{n} \cdot \mathbf{S} = n_x S_x + n_y S_y + n_z S_z = \frac{\hbar}{2} \mathbf{n} \cdot \boldsymbol{\sigma}.$$

$$(n_x, n_y, n_z) = (\sin \theta \cos \phi, \sin \theta \sin \phi, \cos \theta), \quad S_{\mathbf{n}} |\mathbf{n}; \pm\rangle = \pm \frac{\hbar}{2} |\mathbf{n}; \pm\rangle$$

$$|\mathbf{n}; +\rangle = \cos(\frac{1}{2}\theta) |+\rangle + \sin(\frac{1}{2}\theta) \exp(i\phi) |-\rangle$$

$$|\mathbf{n}; -\rangle = -\sin(\frac{1}{2}\theta) \exp(-i\phi) |+\rangle + \cos(\frac{1}{2}\theta) |-\rangle$$

$$|\langle \mathbf{n}' ; + | \mathbf{n} ; + \rangle| = \cos(\frac{1}{2}\gamma), \quad \gamma \text{ is the angle between } \mathbf{n} \text{ and } \mathbf{n}'$$

$$\langle \mathbf{S} \rangle_{\mathbf{n}} = \frac{\hbar}{2} \mathbf{n}, \quad \text{Rotation operator: } R_\alpha(\mathbf{n}) \equiv \exp\left(-\frac{i\alpha S_{\mathbf{n}}}{\hbar}\right)$$

- Linear algebra

Matrix representation of T in the basis (v_1, \dots, v_n) : $Tv_j = \sum_i T_{ij} v_i$

$$\text{basis change: } u_k = \sum_j A_{jk} v_j, \quad T(\{u\}) = A^{-1}T(\{v\})A$$

$$\text{Schwarz: } |\langle u, v \rangle| \leq |u| |v|$$

$$\text{Adjoint: } \langle u, Tv \rangle = \langle T^\dagger u, v \rangle, \quad (T^\dagger)^\dagger = T$$

- Bras and kets: For an operator Ω and a vector v , we write $|\Omega v\rangle \equiv \Omega|v\rangle$

$$\text{Adjoint: } \langle u|\Omega^\dagger v\rangle = \langle \Omega u|v\rangle$$

$$|\alpha_1 v_1 + \alpha_2 v_2\rangle = \alpha_1 |v_1\rangle + \alpha_2 |v_2\rangle \quad \longleftrightarrow \quad \langle \alpha_1 v_1 + \alpha_2 v_2| = \alpha_1^* \langle v_1| + \alpha_2^* \langle v_2|$$

- Complete orthonormal basis $|i\rangle$

$$\langle i|j\rangle = \delta_{ij}, \quad \mathbf{1} = \sum_i |i\rangle\langle i|$$

$$\Omega_{ij} = \langle i|\Omega|j\rangle \quad \leftrightarrow \quad \Omega = \sum_{i,j} \Omega_{ij} |i\rangle\langle j|$$

$$\langle i|\Omega^\dagger|j\rangle = \langle j|\Omega|i\rangle^*$$

$$\Omega \text{ hermitian: } \Omega^\dagger = \Omega, \quad U \text{ unitary: } U^\dagger = U^{-1}$$

- Matrix M is normal ($[M, M^\dagger] = 0$) \longleftrightarrow unitarily diagonalizable.

- Position and momentum representations: $\psi(x) = \langle x|\psi\rangle$; $\tilde{\psi}(p) = \langle p|\psi\rangle$;

$$\hat{x}|x\rangle = x|x\rangle, \quad \langle x|y\rangle = \delta(x-y), \quad \mathbf{1} = \int dx |x\rangle\langle x|, \quad \hat{x}^\dagger = \hat{x}$$

$$\hat{p}|p\rangle = p|p\rangle, \quad \langle q|p\rangle = \delta(q-p), \quad \mathbf{1} = \int dp |p\rangle\langle p|, \quad \hat{p}^\dagger = \hat{p}$$

$$\langle x|p\rangle = \frac{1}{\sqrt{2\pi\hbar}} \exp\left(\frac{ipx}{\hbar}\right); \quad \tilde{\psi}(p) = \int dx \langle p|x\rangle \langle x|\psi\rangle = \frac{1}{\sqrt{2\pi\hbar}} \int dx \exp\left(-\frac{ipx}{\hbar}\right) \psi(x)$$

$$\langle x|\hat{p}^n|\psi\rangle = \left(\frac{\hbar}{i} \frac{d}{dx}\right)^n \psi(x); \quad \langle p|\hat{x}^n|\psi\rangle = \left(i\hbar \frac{d}{dp}\right)^n \tilde{\psi}(p); \quad [\hat{p}, f(\hat{x})] = \frac{\hbar}{i} f'(\hat{x})$$

$$\frac{1}{2\pi} \int_{-\infty}^{\infty} \exp(ikx) dx = \delta(k)$$

- Generalized uncertainty principle

$$\Delta A \equiv |(A - \langle A \rangle \mathbf{1})\Psi| \quad \rightarrow \quad (\Delta A)^2 = \langle A^2 \rangle - \langle A \rangle^2$$

$$\Delta A \Delta B \geq \left| \langle \Psi | \frac{1}{2i} [A, B] | \Psi \rangle \right|$$

$$\Delta x \Delta p \geq \frac{\hbar}{2}$$

$$\Delta x = \frac{\Delta}{\sqrt{2}} \quad \text{and} \quad \Delta p = \frac{\hbar}{\sqrt{2}\Delta} \quad \text{for} \quad \psi \sim \exp\left(-\frac{1}{2} \frac{x^2}{\Delta^2}\right)$$

$$\int_{-\infty}^{+\infty} dx \exp(-ax^2) = \sqrt{\frac{\pi}{a}}$$

$$\text{Time independent operator } Q : \quad \frac{d}{dt} \langle Q \rangle = \frac{i}{\hbar} \langle [H, Q] \rangle$$

$$\Delta H \Delta t \geq \frac{\hbar}{2}, \quad \Delta t \equiv \frac{\Delta Q}{\left| \frac{d\langle Q \rangle}{dt} \right|}$$

- Commutator identities

$$[A, BC] = [A, B]C + B[A, C],$$

$$e^A B e^{-A} = e^{\text{ad}_A B} = B + [A, B] + \frac{1}{2}[A, [A, B]] + \frac{1}{3!}[A, [A, [A, B]]] + \dots,$$

$$e^A B e^{-A} = B + [A, B], \quad \text{if} \quad [A, [A, B]] = 0,$$

$$[B, e^A] = [B, A]e^A, \quad \text{if} \quad [A, [A, B]] = 0$$

$$e^{A+B} = e^A e^B e^{-\frac{1}{2}[A, B]} = e^B e^A e^{\frac{1}{2}[A, B]}, \quad \text{if} \quad [A, B] \text{ commutes with } A \text{ and with } B$$

- Harmonic Oscillator

$$\hat{H} = \frac{1}{2m}\hat{p}^2 + \frac{1}{2}m\omega^2\hat{x}^2 = \hbar\omega \left(\hat{N} + \frac{1}{2} \right), \quad \hat{N} = \hat{a}^\dagger \hat{a}$$

$$\hat{a} = \sqrt{\frac{m\omega}{2\hbar}} \left(\hat{x} + \frac{i\hat{p}}{m\omega} \right), \quad \hat{a}^\dagger = \sqrt{\frac{m\omega}{2\hbar}} \left(\hat{x} - \frac{i\hat{p}}{m\omega} \right),$$

$$\hat{x} = \sqrt{\frac{\hbar}{2m\omega}} (\hat{a} + \hat{a}^\dagger), \quad \hat{p} = i\sqrt{\frac{m\omega\hbar}{2}} (\hat{a}^\dagger - \hat{a}),$$

$$[\hat{x}, \hat{p}] = i\hbar, \quad [\hat{a}, \hat{a}^\dagger] = 1, \quad [\hat{N}, \hat{a}] = -\hat{a}, \quad [\hat{N}, \hat{a}^\dagger] = \hat{a}^\dagger.$$

$$|n\rangle = \frac{1}{\sqrt{n!}} (a^\dagger)^n |0\rangle$$

$$\hat{H}|n\rangle = E_n|n\rangle = \hbar\omega \left(n + \frac{1}{2} \right) |n\rangle, \quad \hat{N}|n\rangle = n|n\rangle, \quad \langle m|n\rangle = \delta_{mn}$$

$$\hat{a}^\dagger|n\rangle = \sqrt{n+1}|n+1\rangle, \quad \hat{a}|n\rangle = \sqrt{n}|n-1\rangle.$$

$$\psi_0(x) = \langle x|0\rangle = \left(\frac{m\omega}{\pi\hbar}\right)^{1/4} \exp\left(-\frac{m\omega}{2\hbar}x^2\right).$$

$$x_H(t) = \hat{x} \cos \omega t + \frac{\hat{p}}{m\omega} \sin \omega t$$

$$p_H(t) = \hat{p} \cos \omega t - m\omega \hat{x} \sin \omega t$$

- Coherent states and squeezed states

$$T_{x_0} \equiv e^{-\frac{i}{\hbar}\hat{p}x_0}, \quad T_{x_0}|x\rangle = |x+x_0\rangle$$

$$|\tilde{x}_0\rangle \equiv T_{x_0}|0\rangle = e^{-\frac{i}{\hbar}\hat{p}x_0}|0\rangle,$$

$$|\tilde{x}_0\rangle = e^{-\frac{1}{4}\frac{x_0^2}{d^2}} e^{\frac{x_0}{\sqrt{2}d}a^\dagger}|0\rangle, \quad \langle x|\tilde{x}_0\rangle = \psi_0(x-x_0), \quad d^2 = \frac{\hbar}{m\omega}$$

$$|\alpha\rangle \equiv D(\alpha)|0\rangle = e^{\alpha a^\dagger - \alpha^* a}|0\rangle, \quad D(\alpha) \equiv \exp\left(\alpha a^\dagger - \alpha^* a\right), \quad \alpha = \frac{\langle \hat{x} \rangle}{\sqrt{2}d} + i \frac{\langle \hat{p} \rangle}{\sqrt{2}\hbar} \in \mathbb{C}$$

$$|\alpha\rangle = e^{\alpha a^\dagger - \alpha^* a}|0\rangle = e^{-\frac{1}{2}|\alpha|^2} e^{\alpha a^\dagger}|0\rangle, \quad \hat{a}|\alpha\rangle = \alpha|\alpha\rangle, \quad |\alpha, t\rangle = e^{-i\omega t/2}|e^{-i\omega t}\alpha\rangle$$

$$|0_\gamma\rangle = S(\gamma)|0\rangle, \quad S(\gamma) = \exp\left(-\frac{\gamma}{2}(a^\dagger a^\dagger - aa)\right), \quad \gamma \in \mathbb{R}$$

$$|0_\gamma\rangle = \frac{1}{\sqrt{\cosh \gamma}} \exp\left(-\frac{1}{2} \tanh \gamma a^\dagger a^\dagger\right) |0\rangle$$

$$S^\dagger(\gamma) a S(\gamma) = \cosh \gamma a - \sinh \gamma a^\dagger, \quad D^\dagger(\alpha) a D(\alpha) = a + \alpha$$

$$|\alpha, \gamma\rangle \equiv D(\alpha)S(\gamma)|0\rangle$$

- Time evolution

$$|\Psi, t\rangle = U(t, 0)|\Psi, 0\rangle, \quad U \text{ unitary}$$

$$U(t, t) = \mathbf{1}, \quad U(t_2, t_1)U(t_1, t_0) = U(t_2, t_0), \quad U(t_1, t_2) = U^\dagger(t_2, t_1)$$

$$i\hbar \frac{d}{dt}|\Psi, t\rangle = \hat{H}(t)|\Psi, t\rangle \quad \leftrightarrow \quad i\hbar \frac{d}{dt}U(t, t_0) = \hat{H}(t)U(t, t_0)$$

$$\text{Time independent } \hat{H}: \quad U(t, t_0) = \exp\left[-\frac{i}{\hbar}\hat{H}(t-t_0)\right] = \sum_n e^{-\frac{i}{\hbar}E_n(t-t_0)}|n\rangle\langle n|$$

$$\langle A \rangle = \langle \Psi, t|A_S|\Psi, t\rangle = \langle \Psi, 0|A_H(t)|\Psi, 0\rangle \quad \rightarrow \quad A_H(t) = U^\dagger(t, 0)A_S U(t, 0)$$

$$[A_S, B_S] = C_S \quad \rightarrow \quad [A_H(t), B_H(t)] = C_H(t)$$

$$i\hbar \frac{d}{dt}\hat{A}_H(t) = [\hat{A}_H(t), \hat{H}_H(t)], \quad \text{for } A_S \text{ time-independent}$$

- Two state systems

$$H = h_0 \mathbf{1} + \mathbf{h} \cdot \boldsymbol{\sigma} = h_0 \mathbf{1} + h \mathbf{n} \cdot \boldsymbol{\sigma}, \quad h = |\mathbf{h}|$$

$$\text{Eigenstates: } |\mathbf{n}; \pm\rangle, \quad E_{\pm} = h_0 \pm h.$$

$$H = -\gamma \mathbf{S} \cdot \mathbf{B} \rightarrow \text{spin vector } \vec{n} \text{ precesses with Larmor frequency } \boldsymbol{\omega} = -\gamma \mathbf{B}$$

$$\text{NMR magnetic field } \mathbf{B} = B_0 \mathbf{z} + B_1 (\cos \omega t \mathbf{x} - \sin \omega t \mathbf{y})$$

$$|\Psi(t)\rangle = \exp\left(\frac{i}{\hbar} \omega t \hat{S}_z\right) \exp\left(\frac{i}{\hbar} \gamma \mathbf{B}_R \cdot \mathbf{S} t\right) |\Psi(0)\rangle$$

$$\mathbf{B}_R = B_0 \left(1 - \frac{\omega}{\omega_0}\right) \mathbf{z} + B_1 \mathbf{x}$$

- Orbital angular momentum operators

$$\mathbf{a} \cdot \mathbf{b} \equiv a_i b_i, \quad (\mathbf{a} \times \mathbf{b})_i \equiv \epsilon_{ijk} a_j b_k, \quad \mathbf{a}^2 \equiv \mathbf{a} \cdot \mathbf{a}.$$

$$\epsilon_{ijk} \epsilon_{ipq} = \delta_{jp} \delta_{kq} - \delta_{jq} \delta_{kp}, \quad \epsilon_{ijk} \epsilon_{ijq} = 2\delta_{kq}.$$

$$\hat{L}_i = \epsilon_{ijk} \hat{x}_j \hat{p}_k \iff \mathbf{L} = \mathbf{r} \times \mathbf{p} = -\mathbf{p} \times \mathbf{r}$$

$$\text{Vector } \mathbf{u} \text{ under rotation: } [\hat{L}_i, \hat{u}_j] = i\hbar \epsilon_{ijk} \hat{u}_k \implies \mathbf{L} \times \mathbf{u} + \mathbf{u} \times \mathbf{L} = 2i\hbar \mathbf{u}$$

$$\text{Scalar } S \text{ under rotation: } [\hat{L}_i, S] = 0$$

$$\mathbf{u}, \mathbf{v} \text{ vectors under rotations} \rightarrow \mathbf{u} \cdot \mathbf{v} \text{ is a scalar, } \mathbf{u} \times \mathbf{v} \text{ is a vector}$$

$$[\hat{L}_i, \hat{L}_j] = i\hbar \epsilon_{ijk} \hat{L}_k \iff \mathbf{L} \times \mathbf{L} = i\hbar \mathbf{L}, \quad [\hat{L}_i, \mathbf{L}^2] = 0.$$

$$\nabla^2 = \frac{\partial^2}{\partial r^2} + \frac{2}{r} \frac{\partial}{\partial r} + \frac{1}{r^2} \left(\frac{\partial^2}{\partial \theta^2} + \cot \theta \frac{\partial}{\partial \theta} + \frac{1}{\sin^2 \theta} \frac{\partial^2}{\partial \phi^2} \right)$$

$$\hat{L}^2 = -\hbar^2 \left(\frac{\partial^2}{\partial \theta^2} + \cot \theta \frac{\partial}{\partial \theta} + \frac{1}{\sin^2 \theta} \frac{\partial^2}{\partial \phi^2} \right)$$

$$\hat{L}_z = \frac{\hbar}{i} \frac{\partial}{\partial \phi}; \quad \hat{L}_{\pm} = \hbar e^{\pm i\phi} \left(\pm \frac{\partial}{\partial \theta} + i \cot \theta \frac{\partial}{\partial \phi} \right)$$

- Spherical Harmonics

$$Y_{\ell, m}(\theta, \phi) \equiv \langle \theta, \phi | \ell, m \rangle$$

$$Y_{0,0}(\theta, \phi) = \frac{1}{\sqrt{4\pi}}; \quad Y_{1,\pm 1}(\theta, \phi) = \mp \sqrt{\frac{3}{8\pi}} \sin \theta \exp(\pm i\phi); \quad Y_{1,0}(\theta, \phi) = \sqrt{\frac{3}{4\pi}} \cos \theta$$

- Algebra of angular momentum operators \mathbf{J} (orbital or spin, or sum)

$$[J_i, J_j] = i\hbar \epsilon_{ijk} J_k \iff \mathbf{J} \times \mathbf{J} = i\hbar \mathbf{J}; \quad [\mathbf{J}^2, J_i] = 0$$

$$\mathbf{J}^2 |jm\rangle = \hbar^2 j(j+1) |jm\rangle; \quad J_z |jm\rangle = \hbar m |jm\rangle, \quad m = -j, \dots, j.$$

$$J_{\pm} = J_x \pm iJ_y, \quad (J_{\pm})^{\dagger} = J_{\mp} \quad J_x = \frac{1}{2}(J_+ + J_-), \quad J_y = \frac{1}{2i}(J_+ - J_-)$$

$$[J_z, J_{\pm}] = \pm \hbar J_{\pm}, \quad [J^2, J_{\pm}] = 0; \quad [J_+, J_-] = 2\hbar J_z$$

$$\mathbf{J}^2 = J_+ J_- + J_z^2 - \hbar J_z = J_- J_+ + J_z^2 + \hbar J_z$$

$$J_{\pm} |jm\rangle = \hbar \sqrt{j(j+1) - m(m \pm 1)} |j, m \pm 1\rangle$$

- Angular momentum in the two-dimensional oscillator

$$\hat{a}_L = \frac{1}{\sqrt{2}}(\hat{a}_x + i\hat{a}_y), \quad \hat{a}_R = \frac{1}{\sqrt{2}}(\hat{a}_x - i\hat{a}_y), \quad [\hat{a}_L, \hat{a}_L^{\dagger}] = [\hat{a}_R, \hat{a}_R^{\dagger}] = 1$$

$$J_+ = \hbar \hat{a}_R^{\dagger} \hat{a}_L, \quad J_- = \hbar \hat{a}_L^{\dagger} \hat{a}_R, \quad J_z = \frac{1}{2} \hbar (\hat{N}_R - \hat{N}_L)$$

$$|j, m\rangle: \quad j = \frac{1}{2}(N_R + N_L), \quad m = \frac{1}{2}(N_R - N_L)$$

$$\mathcal{H} = 0 \oplus \frac{1}{2} \oplus 1 \oplus \frac{3}{2} \oplus \dots$$

- Radial equation

$$\left(-\frac{\hbar^2}{2m} \frac{d^2}{dr^2} + V(r) + \frac{\hbar^2 \ell(\ell+1)}{2mr^2} \right) u_{\nu\ell}(r) = E_{\nu\ell} u_{\nu\ell}(r) \quad (\text{bound states})$$

$$u_{\nu\ell}(r) \sim r^{\ell+1}, \quad \text{as } r \rightarrow 0.$$

- Hydrogen atom

$$E_n = -\frac{e^2}{2a_0} \frac{1}{n^2}, \quad \psi_{n,\ell,m}(\vec{x}) = \frac{u_{n\ell}(r)}{r} Y_{\ell,m}(\theta, \phi)$$

$$n = 1, 2, \dots, \quad \ell = 0, 1, \dots, n-1, \quad m = -\ell, \dots, \ell$$

$$a_0 = \frac{\hbar^2}{me^2}, \quad \alpha = \frac{e^2}{\hbar c} \simeq \frac{1}{137}, \quad \hbar c \simeq 200 \text{ MeV-fm}$$

$$u_{1,0}(r) = \frac{2r}{a_0^{3/2}} \exp(-r/a_0)$$

$$u_{2,0}(r) = \frac{2r}{(2a_0)^{3/2}} \left(1 - \frac{r}{2a_0} \right) \exp(-r/2a_0)$$

$$u_{2,1}(r) = \frac{1}{\sqrt{3}} \frac{1}{(2a_0)^{3/2}} \frac{r^2}{a_0} \exp(-r/2a_0)$$

• Addition of Angular Momentum $\mathbf{J} = \mathbf{J}_1 + \mathbf{J}_2$

Uncoupled basis : $|j_1 j_2; m_1 m_2\rangle$ CSCO : $\{\mathbf{J}_1^2, \mathbf{J}_2^2, J_{1z}, J_{2z}\}$

Coupled basis : $|j_1 j_2; j m\rangle$ CSCO : $\{\mathbf{J}_1^2, \mathbf{J}_2^2, \mathbf{J}^2, J_z\}$

$$j_1 \otimes j_2 = (j_1 + j_2) \oplus (j_1 + j_2 - 1) \oplus \dots \oplus |j_1 - j_2|$$

$$|j_1 j_2; j m\rangle = \sum_{m_1+m_2=m} |j_1 j_2; m_1 m_2\rangle \underbrace{\langle j_1 j_2; m_1 m_2 | j_1 j_2; j m \rangle}_{\text{Clebsch-Gordan coefficient}}$$

$$\mathbf{J}_1 \cdot \mathbf{J}_2 = \frac{1}{2}(J_{1+}J_{2-} + J_{1-}J_{2+}) + J_{1z}J_{2z}$$

Combining two spin 1/2 : $\frac{1}{2} \otimes \frac{1}{2} = 1 \oplus 0$

$$|1, 1\rangle = |\uparrow\uparrow\rangle,$$

$$|1, 0\rangle = \frac{1}{\sqrt{2}}(|\uparrow\downarrow\rangle + |\downarrow\uparrow\rangle), \quad |0, 0\rangle = \frac{1}{\sqrt{2}}(|\uparrow\downarrow\rangle - |\downarrow\uparrow\rangle)$$

$$|1, -1\rangle = |\downarrow\downarrow\rangle.$$

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