Contents

Preface xxi

Preface to the First Edition xxiii

Introduction 1

Part 1 Nuclear Magnetism 3

1 Matter 5

1.1 Atoms and Nuclei 5
1.2 Spin 5
1.2.1 Classical angular momentum 6
1.2.2 Quantum angular momentum 6
1.2.3 Spin angular momentum 7
1.2.4 Combining angular momenta 8
1.2.5 The Pauli Principle 9
1.3 Nuclei 9
1.3.1 The fundamental particles 9
1.3.2 Neutrons and protons 10
1.3.3 Isotopes 11
1.4 Nuclear Spin 12
1.4.1 Nuclear spin states 12
1.4.2 Nuclear Zeeman splitting 14
1.4.3 Zero-spin nuclei 14
1.4.4 Spin-1/2 nuclei 15
1.4.5 Quadrupolar nuclei with integer spin 15
1.4.6 Quadrupolar nuclei with half-integer spin 15
1.5 Atomic and Molecular Structure 15
1.5.1 Atoms 15
1.5.2 Molecules 16
1.6 States of Matter 17
1.6.1 Gases 17
1.6.2 Liquids 17
1.6.3 Solids 19
## Contents

### Part 1 Magnetism

<table>
<thead>
<tr>
<th>Section</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.1</td>
<td>The Electromagnetic Field</td>
<td>23</td>
</tr>
<tr>
<td>2.2</td>
<td>Macroscopic Magnetism</td>
<td>23</td>
</tr>
<tr>
<td>2.3</td>
<td>Microscopic Magnetism</td>
<td>25</td>
</tr>
<tr>
<td>2.4</td>
<td>Spin Precession</td>
<td>26</td>
</tr>
<tr>
<td>2.5</td>
<td>Larmor Frequency</td>
<td>29</td>
</tr>
<tr>
<td>2.6</td>
<td>Spin–Lattice Relaxation: Nuclear Paramagnetism</td>
<td>30</td>
</tr>
<tr>
<td>2.7</td>
<td>Transverse Magnetization and Transverse Relaxation</td>
<td>33</td>
</tr>
<tr>
<td>2.8</td>
<td>NMR Signal</td>
<td>36</td>
</tr>
<tr>
<td>2.9</td>
<td>Electronic Magnetism</td>
<td>36</td>
</tr>
</tbody>
</table>

### Part 2 NMR Spectroscopy

<table>
<thead>
<tr>
<th>Section</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.1</td>
<td>A Simple Pulse Sequence</td>
<td>39</td>
</tr>
<tr>
<td>3.2</td>
<td>A Simple Spectrum</td>
<td>39</td>
</tr>
<tr>
<td>3.3</td>
<td>Isotopemeric Spectra</td>
<td>42</td>
</tr>
<tr>
<td>3.4</td>
<td>Relative Spectral Frequencies: Case of Positive Gyromagnetic Ratio</td>
<td>44</td>
</tr>
<tr>
<td>3.5</td>
<td>Relative Spectral Frequencies: Case of Negative Gyromagnetic Ratio</td>
<td>46</td>
</tr>
<tr>
<td>3.6</td>
<td>Inhomogeneous Broadening</td>
<td>48</td>
</tr>
<tr>
<td>3.7</td>
<td>Chemical Shifts</td>
<td>50</td>
</tr>
<tr>
<td>3.8</td>
<td>J-Coupling Multiplets</td>
<td>56</td>
</tr>
<tr>
<td>3.9</td>
<td>Heteronuclear Decoupling</td>
<td>59</td>
</tr>
</tbody>
</table>

### Part 2 The NMR Experiment

<table>
<thead>
<tr>
<th>Section</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.1</td>
<td>The Magnet</td>
<td>65</td>
</tr>
<tr>
<td>4.2</td>
<td>The Transmitter Section</td>
<td>66</td>
</tr>
<tr>
<td>4.2.1</td>
<td>The synthesizer: radio-frequency phase shifts</td>
<td>67</td>
</tr>
<tr>
<td>4.2.2</td>
<td>The pulse gate: radio-frequency pulses</td>
<td>68</td>
</tr>
<tr>
<td>4.2.3</td>
<td>Radio-frequency amplifier</td>
<td>69</td>
</tr>
<tr>
<td>4.3</td>
<td>The Duplexer</td>
<td>69</td>
</tr>
<tr>
<td>4.4</td>
<td>The Probe</td>
<td>70</td>
</tr>
<tr>
<td>4.5</td>
<td>The Receiver Section</td>
<td>72</td>
</tr>
<tr>
<td>4.5.1</td>
<td>Signal preamplifier</td>
<td>73</td>
</tr>
<tr>
<td>4.5.2</td>
<td>The quadrature receiver</td>
<td>73</td>
</tr>
<tr>
<td>4.5.3</td>
<td>Analogue–digital conversion</td>
<td>74</td>
</tr>
<tr>
<td>4.5.4</td>
<td>Signal phase shifting</td>
<td>76</td>
</tr>
<tr>
<td>4.6</td>
<td>Overview of the Radio-Frequency Section</td>
<td>76</td>
</tr>
<tr>
<td>4.7</td>
<td>Pulsed Field Gradients</td>
<td>77</td>
</tr>
<tr>
<td>4.7.1</td>
<td>Magnetic field gradients</td>
<td>78</td>
</tr>
<tr>
<td>4.7.2</td>
<td>Field gradient coils</td>
<td>79</td>
</tr>
<tr>
<td>4.7.3</td>
<td>Field gradient control</td>
<td>80</td>
</tr>
</tbody>
</table>
### 5 Fourier Transform NMR

- 5.1 A Single-Pulse Experiment 85
- 5.2 Signal Averaging 86
- 5.3 Multiple-pulse Experiments: Phase Cycling 89
- 5.4 Heteronuclear Experiments 90
- 5.5 Pulsed Field Gradient Sequences 91
- 5.6 Arrayed Experiments 91
- 5.7 NMR Signal 93
- 5.8 NMR Spectrum 96
  - 5.8.1 Fourier transformation 96
  - 5.8.2 Lorentzians 96
  - 5.8.3 Explanation of Fourier transformation 100
  - 5.8.4 Spectral phase shifts 102
  - 5.8.5 Frequency-dependent phase correction 103
- 5.9 Two-dimensional Spectroscopy 105
  - 5.9.1 Two-dimensional signal surface 105
  - 5.9.2 Two-dimensional Fourier transformation 105
  - 5.9.3 Phase twist peaks 107
  - 5.9.4 Pure absorption two-dimensional spectra 109
- 5.10 Three-dimensional Spectroscopy 114

### Part 3 Quantum Mechanics

### 6 Mathematical Techniques

- 6.1 Functions 121
  - 6.1.1 Continuous functions 121
  - 6.1.2 Normalization 122
  - 6.1.3 Orthogonal and orthonormal functions 122
  - 6.1.4 Dirac notation 122
  - 6.1.5 Vector representation of functions 123
- 6.2 Operators 125
  - 6.2.1 Commutation 126
  - 6.2.2 Matrix representations 126
  - 6.2.3 Diagonal matrices 129
  - 6.2.4 Block diagonal matrices 129
  - 6.2.5 Inverse 130
  - 6.2.6 Adjoint 130
  - 6.2.7 Hermitian operators 131
  - 6.2.8 Unitary operators 131
- 6.3 Eigenfunctions, Eigenvalues and Eigenvectors 131
  - 6.3.1 Eigenequations 131
  - 6.3.2 Degeneracy 131
  - 6.3.3 Eigenfunctions and eigenvalues of Hermitian operators 132
  - 6.3.4 Eigenfunctions of commuting operators: non-degenerate case 132
  - 6.3.5 Eigenfunctions of commuting operators: degenerate case 132
  - 6.3.6 Eigenfunctions of commuting operators: summary 133
  - 6.3.7 Eigenvectors 134
6.4 Diagonalization

6.4.1 Diagonalization of Hermitian or unitary matrices 135

6.5 Exponential Operators

6.5.1 Powers of operators 135
6.5.2 Exponentials of operators 136
6.5.3 Exponentials of unity and null operators 136
6.5.4 Products of exponential operators 137
6.5.5 Inverses of exponential operators 137
6.5.6 Complex exponentials of operators 137
6.5.7 Exponentials of small operators 137
6.5.8 Matrix representations of exponential operators 138

6.6 Cyclic Commutation

6.6.1 Definition of cyclic commutation 138
6.6.2 Sandwich formula 139

7 Review of Quantum Mechanics

7.1 Spinless Quantum Mechanics 143

7.1.1 The state of the particle 143
7.1.2 The equation of motion 144
7.1.3 Experimental observations 144

7.2 Energy Levels 145

7.3 Natural Units 146

7.4 Superposition States and Stationary States 147

7.5 Conservation Laws 148

7.6 Angular Momentum

7.6.1 Angular momentum operators 149
7.6.2 Rotation operators 149
7.6.3 Rotation sandwiches 151
7.6.4 Angular momentum eigenspaces and eigenvalues 152
7.6.5 The angular momentum eigenspaces 154
7.6.6 Shift operators 154
7.6.7 Matrix representations of the angular momentum operators 156

7.7 Spin 157

7.7.1 Spin angular momentum operators 157
7.7.2 Spin rotation operators 158
7.7.3 Spin Zeeman basis 158
7.7.4 Trace 159

7.8 Spin-1/2 160

7.8.1 Zeeman eigenstates 160
7.8.2 Angular momentum operators 160
7.8.3 Spin-1/2 rotation operators 160
7.8.4 Unity operator 161
7.8.5 Shift operators 161
7.8.6 Projection operators 161
7.8.7 Ket-bra notation 162

7.9 Higher Spin 162

7.9.1 Spin $I = 1$ 163
7.9.2 Spin $I = 3/2$ 164
7.9.3 Higher spins 165
## Part 4 Nuclear Spin Interactions

### 8 Nuclear Spin Hamiltonian

#### 8.1 Spin Hamiltonian Hypothesis

#### 8.2 Electromagnetic Interactions

##### 8.2.1 Electric spin Hamiltonian

##### 8.2.2 Magnetic spin interactions

#### 8.3 External and Internal Spin Interactions

##### 8.3.1 Spin interactions: summary

#### 8.4 External Magnetic Fields

##### 8.4.1 Static field

##### 8.4.2 Radio-frequency field

##### 8.4.3 Gradient field

##### 8.4.4 External spin interactions: summary

#### 8.5 Internal Spin Hamiltonian

##### 8.5.1 The internal spin interactions

##### 8.5.2 Simplification of the internal Hamiltonian

#### 8.6 Motional Averaging

##### 8.6.1 Modes of molecular motion

##### 8.6.2 Molecular rotations

##### 8.6.3 Molecular translations

##### 8.6.4 Intramolecular and intermolecular spin interactions

##### 8.6.5 Summary of motional averaging

### 9 Internal Spin Interactions

#### 9.1 Chemical Shift

##### 9.1.1 Chemical shift tensor

##### 9.1.2 Principal axes

##### 9.1.3 Principal values

##### 9.1.4 Isotropic chemical shift

##### 9.1.5 Chemical shift anisotropy (CSA)

##### 9.1.6 Chemical shift for an arbitrary molecular orientation

##### 9.1.7 Chemical shift frequency

##### 9.1.8 Chemical shift interaction in isotropic liquids

##### 9.1.9 Chemical shift interaction in anisotropic liquids

##### 9.1.10 Chemical shift interaction in solids

##### 9.1.11 Chemical shift interaction: summary

#### 9.2 Electric Quadrupole Coupling

##### 9.2.1 Electric field gradient tensor

##### 9.2.2 Nuclear quadrupole Hamiltonian

##### 9.2.3 Isotropic liquids

##### 9.2.4 Anisotropic liquids

##### 9.2.5 Solids

##### 9.2.6 Quadrupole interaction: summary

#### 9.3 Direct Dipole-Dipole Coupling

##### 9.3.1 Secular dipole-dipole coupling

##### 9.3.2 Dipole-dipole coupling in isotropic liquids
Contents

11.5 Magnetization Vector 269
11.6 Strong Radio-frequency Pulse 270
  11.6.1 Excitation of coherence 271
  11.6.2 Population inversion 273
  11.6.3 Cycle of states 274
  11.6.4 Stimulated absorption and emission 275
11.7 Free Precession Without Relaxation 276
11.8 Operator Transformations 279
  11.8.1 Pulse of phase $\phi_p = 0$ 279
  11.8.2 Pulse of phase $\phi_p = \pi/2$ 279
  11.8.3 Pulse of phase $\phi_p = \pi$ 279
  11.8.4 Pulse of phase $\phi_p = 3\pi/2$ 279
  11.8.5 Pulse of general phase $\phi_p$ 280
  11.8.6 Free precession for an interval $\tau$ 280
11.9 Free Evolution with Relaxation 281
  11.9.1 Transverse relaxation 281
  11.9.2 Longitudinal relaxation 283
11.10 Magnetization Vector Trajectories 285
11.11 NMR Signal and NMR Spectrum 287
11.12 Single-pulse Spectra 289

12 Experiments on Non-interacting Spins-1/2 295
  12.1 Inversion Recovery: Measurement of $T_1$ 295
  12.2 Spin Echoes: Measurement of $T_2$ 298
    12.2.1 Homogeneous and inhomogeneous broadening 298
    12.2.2 Inhomogeneous broadening in the time domain 299
    12.2.3 Spin echo pulse sequence 299
    12.2.4 Refocusing 302
    12.2.5 Coherence interpretation 303
    12.2.6 Coherence transfer pathway 305
  12.3 Spin Locking: Measurement of $T_{1\rho}$ 305
  12.4 Gradient Echoes 306
  12.5 Slice Selection 307
  12.6 NMR Imaging 309

13 Quadrupolar Nuclei 319
  13.1 Spin $I = 1$ 319
    13.1.1 Spin-1 states 319
    13.1.2 Spin-1 energy levels 320
    13.1.3 Spin-1 density matrix 321
    13.1.4 Coherence evolution 323
    13.1.5 Observable coherences and NMR spectrum 325
    13.1.6 Thermal equilibrium 326
    13.1.7 Strong radio-frequency pulse 326
    13.1.8 Excitation of coherence 328
    13.1.9 NMR spectrum 328
    13.1.10 Quadrupolar echo 331
13.2 Spin $I = 3/2$ 334
13.2.1 Spin-3/2 energy levels 335
13.2.2 Populations and coherences 336
13.2.3 NMR signal 338
13.2.4 Single pulse spectrum 339
13.2.5 Spin-3/2 spectra for small quadrupole couplings 341
13.2.6 Second-order quadrupole couplings 342
13.2.7 Central transition excitation 343
13.2.8 Central transition echo 345
13.3 Spin $I = 5/2$ 345
13.4 Spins $I = 7/2$ 349
13.5 Spins $I = 9/2$ 350

Part 6 Coupled Spins 353

14 Spin-1/2 Pairs 355
14.1 Coupling Regimes 355
14.2 Zeeman Product States and Superposition States 356
14.3 Spin-pair Hamiltonian 357
14.4 Pairs of Magnetically Equivalent Spins 359
14.4.1 Singlets and triplets 359
14.4.2 Energy levels 360
14.4.3 NMR spectra 362
14.4.4 Dipolar echo 363
14.5 Weakly Coupled Spin Pairs 363
14.5.1 Weak coupling 363
14.5.2 AX spin systems 364
14.5.3 Energy levels 364
14.5.4 AX spectrum 365
14.5.5 Heteronuclear spin pairs 366

15 Homonuclear AX System 369
15.1 Eigenstates and Energy Levels 369
15.2 Density Operator 370
15.3 Rotating Frame 375
15.4 Free Evolution 376
15.4.1 Evolution of a spin pair 376
15.4.2 Evolution of the coherences 377
15.5 Spectrum of the AX System: Spin-Spin Splitting 378
15.6 Product Operators 381
15.6.1 Construction of product operators 382
15.6.2 Populations and coherences 383
15.6.3 Spin orientations 387
15.7 Thermal Equilibrium 389
15.8 Radio-frequency Pulses 391
15.8.1 Rotations of a single spin pair 392
15.8.2 Rotations of the spin density operator 393
### Contents

15.8.3 Operator transformations 395  
15.9 Free Evolution of the Product Operators 397  
15.9.1 Chemical shift evolution 399  
15.9.2 $J$-coupling evolution 400  
15.9.3 Relaxation 405  
15.10 Spin Echo Sandwich 405

#### 16 Experiments on AX Systems 409

16.1 COSY  
16.1.1 The assignment problem 409  
16.1.2 COSY pulse sequence 411  
16.1.3 Theory of COSY: coherence interpretation 411  
16.1.4 Product operator interpretation 415  
16.1.5 Experimental examples 418

16.2 INADEQUATE  
16.2.1 $^{13}$C isotopomers 418  
16.2.2 Pulse sequence 423  
16.2.3 Theory of INADEQUATE 424  
16.2.4 Coherence transfer pathways and phase cycling 429  
16.2.5 Two-dimensional INADEQUATE 431  

16.3 INEPT  
16.3.1 The sensitivity of nuclear isotopes 436  
16.3.2 INEPT pulse sequence 437  
16.3.3 Refocused INEPT 440  

16.4 Residual Dipolar Couplings 443  
16.4.1 Angular information 443  
16.4.2 Spin Hamiltonian 443  
16.4.3 Bicelles orienting media 444  
16.4.4 Doublet splittings 446

#### 17 Many-spin Systems 453

17.1 Molecular Spin System 453  
17.2 Spin Ensemble 454  
17.3 Motionally Suppressed $J$-Couplings 454  
17.4 Chemical Equivalence 455  
17.5 Magnetic Equivalence 458  
17.6 Weak Coupling 461  
17.7 Heteronuclear Spin Systems 462  
17.8 Alphabet Notation 463  
17.9 Spin Coupling Topologies 464

#### 18 Many-spin Dynamics 467

18.1 Spin Hamiltonian 467  
18.2 Energy Eigenstates 468
<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>18.3 Superposition States</td>
<td>469</td>
</tr>
<tr>
<td>18.4 Spin Density Operator</td>
<td>470</td>
</tr>
<tr>
<td>18.5 Populations and Coherences</td>
<td>471</td>
</tr>
<tr>
<td>18.5.1 Coherence orders</td>
<td>471</td>
</tr>
<tr>
<td>18.5.2 Combination coherences and simple coherences</td>
<td>471</td>
</tr>
<tr>
<td>18.5.3 Coherence frequencies</td>
<td>472</td>
</tr>
<tr>
<td>18.5.4 Degenerate coherences</td>
<td>473</td>
</tr>
<tr>
<td>18.5.5 Observable coherences</td>
<td>473</td>
</tr>
<tr>
<td>18.6 NMR Spectra</td>
<td>475</td>
</tr>
<tr>
<td>18.7 Many-spin Product Operators</td>
<td>477</td>
</tr>
<tr>
<td>18.7.1 Construction of product operators</td>
<td>477</td>
</tr>
<tr>
<td>18.7.2 Populations and coherences</td>
<td>478</td>
</tr>
<tr>
<td>18.7.3 Physical interpretation of product operators</td>
<td>480</td>
</tr>
<tr>
<td>18.8 Thermal Equilibrium</td>
<td>481</td>
</tr>
<tr>
<td>18.9 Radio-frequency Pulses</td>
<td>481</td>
</tr>
<tr>
<td>18.10 Free Precession</td>
<td>482</td>
</tr>
<tr>
<td>18.10.1 Chemical shift evolution</td>
<td>482</td>
</tr>
<tr>
<td>18.10.2 J-coupling evolution</td>
<td>483</td>
</tr>
<tr>
<td>18.10.3 Relaxation</td>
<td>485</td>
</tr>
<tr>
<td>18.11 Spin Echo Sandwiches</td>
<td>485</td>
</tr>
<tr>
<td>18.12 INEPT in an I_2S System</td>
<td>488</td>
</tr>
<tr>
<td>18.13 COSY in Multiple-spin Systems</td>
<td>491</td>
</tr>
<tr>
<td>18.13.1 AMX spectrum</td>
<td>492</td>
</tr>
<tr>
<td>18.13.2 Active and passive spins</td>
<td>493</td>
</tr>
<tr>
<td>18.13.3 Cross-peak multiplets</td>
<td>494</td>
</tr>
<tr>
<td>18.13.4 Diagonal peaks</td>
<td>496</td>
</tr>
<tr>
<td>18.13.5 Linear spin systems</td>
<td>497</td>
</tr>
<tr>
<td>18.14 TOCSY</td>
<td>497</td>
</tr>
<tr>
<td>18.14.1 The ambiguity of COSY spectra</td>
<td>497</td>
</tr>
<tr>
<td>18.14.2 TOCSY pulse sequence</td>
<td>499</td>
</tr>
<tr>
<td>18.14.3 Theory of TOCSY</td>
<td>499</td>
</tr>
</tbody>
</table>

Part 7  Motion and Relaxation  507

19  Motion  509

19.1 Motional Processes  509
19.1.1 Molecular vibrations  509
19.1.2 Local rotations of molecular groups  510
19.1.3 Molecular flexibility  510
19.1.4 Chemical exchange  510
19.1.5 Molecular rotations  511
19.1.6 Translational motion  512
19.1.7 Mechanical motion  513
19.2 Motional Time-scales  513
19.3 Motional Effects  514
19.4 Motional Averaging  515
19.5 Motional Lineshapes and Two-site Exchange  516
Contents

19.5.1 Slow intermediate exchange and motional broadening 518
19.5.2 Fast intermediate exchange and motional narrowing 520
19.5.3 Averaging of J-splittings 523
19.5.4 Asymmetric two-site exchange 524
19.5.5 Knight shift 525
19.5.6 Paramagnetic shifts 527
19.6 Sample Spinning 527
19.7 Longitudinal Magnetization Exchange 529
19.7.1 Two-dimensional exchange spectroscopy 529
19.7.2 Theory 532
19.7.3 Motional regimes 539
19.8 Diffusion 539

20 Relaxation 543

20.1 Types of Relaxation 543
20.2 Relaxation Mechanisms 543
20.3 Random Field Relaxation 545
  20.3.1 Autocorrelation functions and correlation times 545
  20.3.2 Spectral density 548
  20.3.3 Normalized spectral density 549
  20.3.4 Transition probabilities 550
  20.3.5 Thermally corrected transition probabilities 551
  20.3.6 Spin–lattice relaxation 552
20.4 Dipole–Dipole Relaxation 556
  20.4.1 Rotational correlation time 556
  20.4.2 Transition probabilities 557
  20.4.3 Solomon equations 561
  20.4.4 Longitudinal relaxation 564
  20.4.5 Transverse relaxation 565
20.5 Steady-state Nuclear Overhauser Effect 566
20.6 NOESY 570
  20.6.1 NOESY pulse sequence 570
  20.6.2 NOESY signal 570
  20.6.3 NOESY spectra 573
  20.6.4 NOESY and chemical exchange 575
  20.6.5 Molecular structure determination 576
20.7 ROESY 577
  20.7.1 Transverse cross-relaxation 577
  20.7.2 Spin locking 578
  20.7.3 Transverse Solomon equations 578
  20.7.4 ROESY spectra 580
  20.7.5 ROESY and chemical exchange 582
  20.7.6 ROESY and TOCSY 583
20.8 Cross-correlated Relaxation 584
  20.8.1 Cross-correlation 584
  20.8.2 Cross-correlation of spin interactions 585
  20.8.3 Dipole-dipole cross-correlation and angular estimations 586
  20.8.4 TROSY 590
## Part 8 Appendices

### Appendix A: Supplementary Material

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>A.1 Euler Angles and Frame Transformations</td>
<td>599</td>
</tr>
<tr>
<td>A.1.1 Definition of the Euler angles</td>
<td>599</td>
</tr>
<tr>
<td>A.1.2 Euler rotations: first scheme</td>
<td>599</td>
</tr>
<tr>
<td>A.1.3 Euler rotations: second scheme</td>
<td>600</td>
</tr>
<tr>
<td>A.1.4 Euler rotation matrices</td>
<td>601</td>
</tr>
<tr>
<td>A.1.5 Reference-frame orientations</td>
<td>601</td>
</tr>
<tr>
<td>A.1.6 Consecutive reference-frame transformations</td>
<td>602</td>
</tr>
<tr>
<td>A.1.7 Passive rotations</td>
<td>602</td>
</tr>
<tr>
<td>A.1.8 Tensor transformations</td>
<td>603</td>
</tr>
<tr>
<td>A.1.9 Intermediate reference frames</td>
<td>604</td>
</tr>
<tr>
<td>A.2 Rotations and Cyclic Commutation</td>
<td>604</td>
</tr>
<tr>
<td>A.3 Rotation Sandwiches</td>
<td>605</td>
</tr>
<tr>
<td>A.4 Spin-1/2 Rotation Operators</td>
<td>606</td>
</tr>
<tr>
<td>A.5 Quadrature Detection and Spin Coherences</td>
<td>608</td>
</tr>
<tr>
<td>A.6 Secular Approximation</td>
<td>611</td>
</tr>
<tr>
<td>A.7 Quadrupolar Interaction</td>
<td>614</td>
</tr>
<tr>
<td>A.7.1 Full quadrupolar interaction</td>
<td>614</td>
</tr>
<tr>
<td>A.7.2 First-order quadrupolar interaction</td>
<td>614</td>
</tr>
<tr>
<td>A.7.3 Higher-order quadrupolar interactions</td>
<td>615</td>
</tr>
<tr>
<td>A.8 Strong Coupling</td>
<td>615</td>
</tr>
<tr>
<td>A.8.1 Strongly-coupled Spin-1/2 pairs</td>
<td>615</td>
</tr>
<tr>
<td>A.8.2 General strongly coupled systems</td>
<td>620</td>
</tr>
<tr>
<td>A.9 J-Couplings and Magnetic Equivalence</td>
<td>621</td>
</tr>
<tr>
<td>A.10 Spin Echo Sandwiches</td>
<td>623</td>
</tr>
<tr>
<td>A.10.1 Short-duration limit</td>
<td>625</td>
</tr>
<tr>
<td>A.10.2 Long-duration limit</td>
<td>625</td>
</tr>
<tr>
<td>A.10.3 Two spin echo sequences</td>
<td>626</td>
</tr>
<tr>
<td>A.10.4 Heteronuclear spin echo sequences</td>
<td>627</td>
</tr>
<tr>
<td>A.11 Phase Cycling</td>
<td>629</td>
</tr>
<tr>
<td>A.11.1 Coherence transfer pathways</td>
<td>629</td>
</tr>
<tr>
<td>A.11.2 Coherence transfer amplitudes</td>
<td>630</td>
</tr>
<tr>
<td>A.11.3 Coherence orders and phase shifts</td>
<td>631</td>
</tr>
<tr>
<td>A.11.4 The pathway phase</td>
<td>632</td>
</tr>
<tr>
<td>A.11.5 A sum theorem</td>
<td>633</td>
</tr>
<tr>
<td>A.11.6 Pathway selection I</td>
<td>634</td>
</tr>
<tr>
<td>A.11.7 Pathway selection II</td>
<td>635</td>
</tr>
<tr>
<td>A.11.8 Pathway selection III</td>
<td>637</td>
</tr>
<tr>
<td>A.11.9 Selection of a single pathway I</td>
<td>638</td>
</tr>
<tr>
<td>A.11.10 Selection of a single pathway II</td>
<td>639</td>
</tr>
<tr>
<td>A.11.11 Dual pathway selection</td>
<td>640</td>
</tr>
<tr>
<td>A.11.12 Internal phases I</td>
<td>641</td>
</tr>
<tr>
<td>A.11.13 Internal phases II</td>
<td>642</td>
</tr>
<tr>
<td>A.11.14 Nested phase cycles I</td>
<td>644</td>
</tr>
<tr>
<td>A.11.15 Nested phase cycles II</td>
<td>645</td>
</tr>
<tr>
<td>A.11.16 Different ways of constructing phase cycles</td>
<td>648</td>
</tr>
</tbody>
</table>