

475/

$$-\int \Gamma \downarrow \square \downarrow$$
$$\int \frac{1}{x^2} dx = -\frac{1}{x} + C$$
$$\begin{aligned} & \int \sqrt{\gamma} \, \mathbb{L}_V \, \mathbb{L}_J - \int \sqrt{\gamma} \, \mathbb{L}_J \, \mathbb{L}_V \leq \Delta \\ & \int \mathbb{L}_V \, \mathbb{L}_J - \int \mathbb{L}_J \, \mathbb{L}_V \approx \Delta \end{aligned}$$