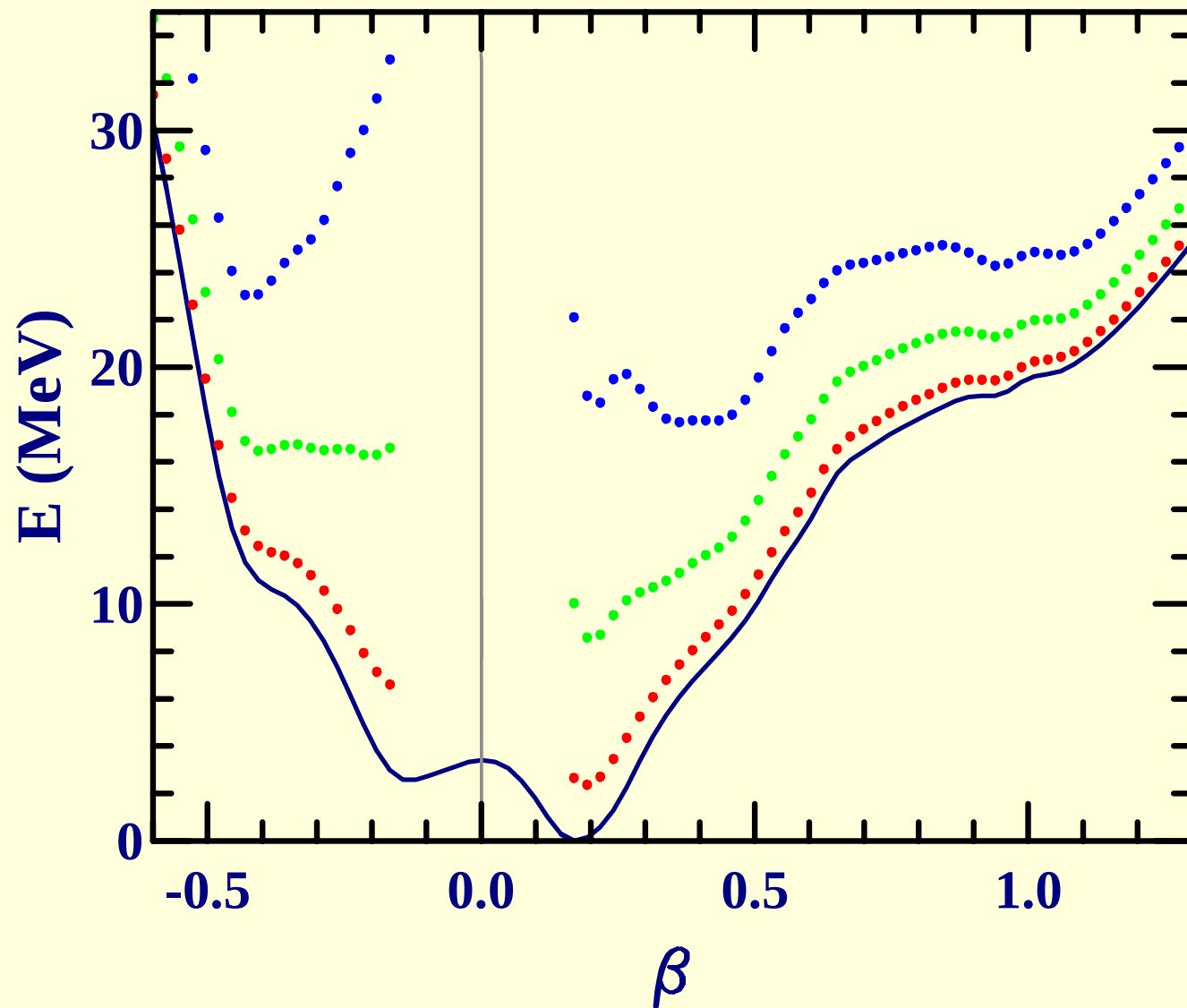


$^{144}_{56}\text{Ba}_{88}$ 

Binding energy

HFB=1184.000 MeV

Exp=1190.24 MeV

