

**Investigations on the breaking of left-right symmetry  
in light nuclei — the Poincare instability**

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When giving up the left-right symmetry, light nuclei can become unstable at least for larger deformations. This instability is in competition with the fission instability, in particular for larger angular momenta or larger nuclear temperatures. This effect is investigated for a series of nuclei ranging from <sup>44</sup>Ti up to <sup>88</sup>Mo.