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Could the self-force enhance the plateau effect in resonance crossing?

We have studied a non-ntegrable analogue of a perturbed Kerr metric and found that the passage of an orbit through a resonance is further prolonged when the self-force itself is used to evolve the orbit, instead of the average losses of energy and angular momentum caused by the same self-force. The enhancement is of the order of (but less than) 10. This result renders the revealing of non-Kerrness through EMRIs more plausible.

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