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The symmetry energy from ground and excited state properties of atomic nuclei

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This contribution reviews a selection of available constraints to the nuclear symmetry energy around saturation density from nuclear structure calculations on ground and collective excited state properties of atomic nuclei. Special focus will be given to the parity violating asymmetry and dipole polarizability in ^{48}Ca and ^{208}Pb . Phenomenologic as well as microscopic results –whenever available– will be presented and discussed.

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