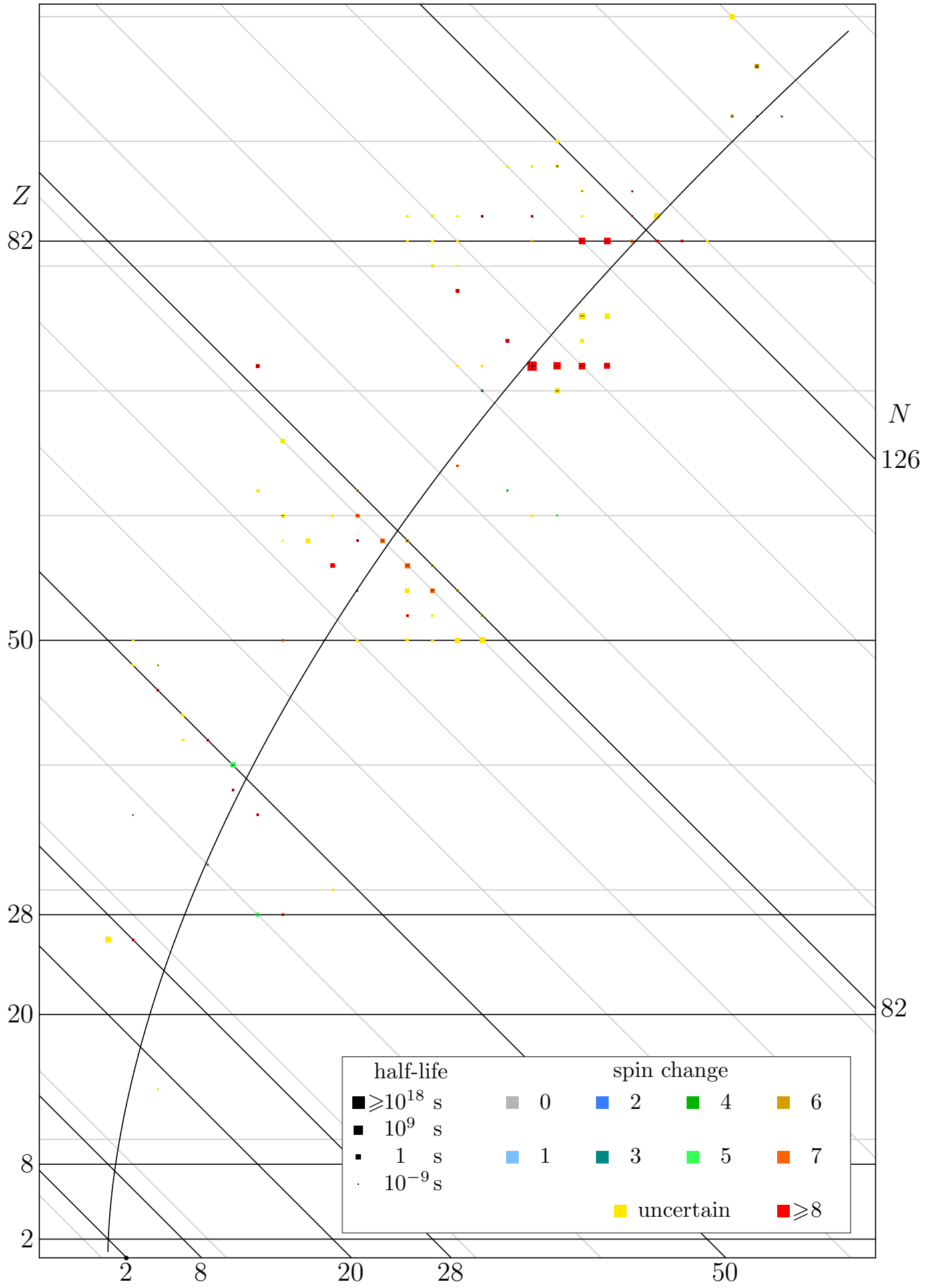Half-Life of Even-Even Isomers