

## **Quasinormal modes perspective on thermalization dynamics**

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Close to equilibrium the dynamics of strongly coupled quantum field theories is encoded in the spectrum of damped oscillations -- the quasinormal modes. Their decaying nature reflects the attractive nature of the thermal state. In my talk I will show that despite their near-equilibrium origin, quasinormal modes offer ways to gain insights about far from equilibrium dynamics both at high (nuclear collisions at RHIC and LHC) and low (cold atomic gases) energies.