Errata

- Page 15 before Eq. (3.29): definitions → relations
- Page 39, Eq. (4.67): \( \bar{u} - \bar{d} = \left( \frac{2k+\beta}{2} - 1 \right) \) → \( \bar{u} - \bar{d} = \left( \frac{2k+\beta}{3} - 1 \right) a \)