^{154}Nd $Z = 60$ $N = 94$ adopted link ENSDF link

```
Based on ENSDF from Apr 2024, and mass evaluation from 2020

BE     =   1261.622 ( 0.001) MeV
Qbeta- =      2.687 ( 0.025) MeV

           Energy T    J+                J-               J-other                T1/2

-----------------------------------------------------------------------------------------------
154ND   1 |  0.000     0+   |                 |                                1  25.9 S    2
154ND   2 |  0.071     2+   |                 |                                2  7.7 NS    20
154ND   3 |  0.233     4+   |                 |                                3


S-p    =  11.300 ( 0.012)-----------------------------------------------------------------
S-n    =   6.320 ( 0.003)-----------------------------------------------------------------
S-2p   =  21.150 ( 0.152)-----------------------------------------------------------------
S-2n   =  11.573 ( 0.024)-----------------------------------------------------------------
S-alpha=   3.158 ( 0.012)-----------------------------------------------------------------

S+p       =  -8.649 ( 0.005)
S+n       =  -4.776 ( 0.009)
S+2p      = -18.359 ( 0.009)
S+2n      = -10.765 ( 0.002)
S+alpha   =  -2.097 ( 0.005)

gap p     =   2.651 ( 0.013)
gap n     =   1.545 ( 0.010)
gap 2p    =   2.791 ( 0.152)
gap 2n    =   0.807 ( 0.025)
gap alpha =   1.060 ( 0.013)
```