The Mass Loss Principle

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Abstract: A simple principle of stellar evolution/planet formation is presented in light of the general theory of stellar metamorphosis.

According to stellar metamorphosis stars cool and die to become rocky differentiated worlds many billions of years into their evolution, and they are called exoplanets/planets. As they evolve they lose mass to solar wind, solar flaring, photoevaporation, impacts and coronal mass ejections.

"As stars evolve, cool and die, they lose mass."