## Relaxation, thermalization, and a quantum algorithm to prepare Gibbs states

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This talk will be concerned with recent progress on understanding how quantum manybody systems out of equilibrium eventually come to rest. The first part of the talk will highlight theoretical progress on this question - employing ideas of Lieb-Robinson bounds, quantum central limit theorems and of concentration of measure [1-4]. These findings will be complemented by experimental work with ultra-cold atoms in optical lattices, constituting a dynamical 'quantum simulator', allowing to probe physical questions that are presently out of reach even for state-of-the-art numerical techniques based on matrix-product states [5]. The last part of the talk will sketch how based on the above ideas, a fully certifiable quantum algorithm preparing Gibbs states can be constructed, complementing quantum Metropolis algorithms [6].

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