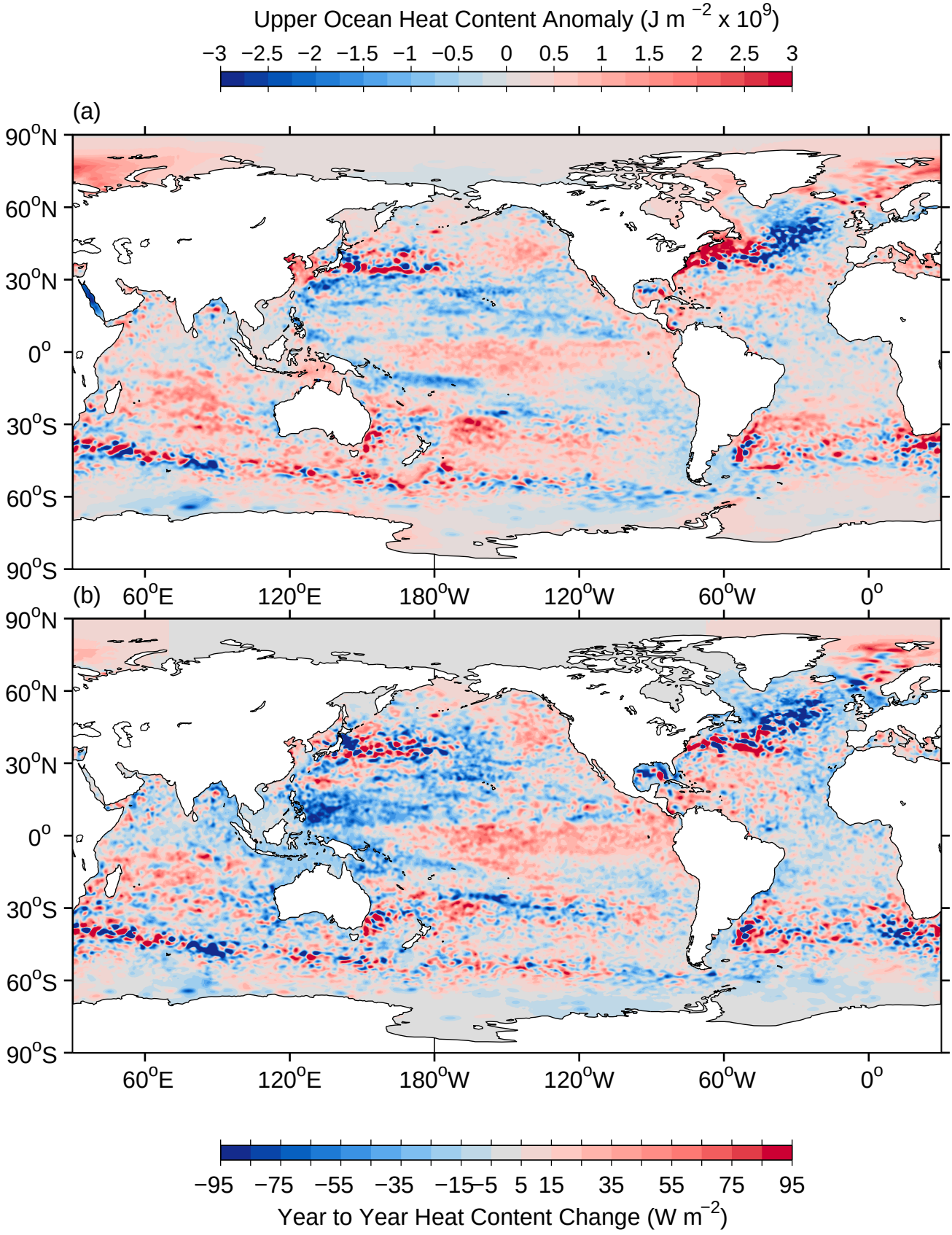
Upper Ocean Heat Content Anomaly (J m $^{-2}$ x 10^{9})
−3 −2.5 −2 −1.5 −1 −0.5 0 0.5 1 1.5 2 2.5 3
(a)
90°N
60°N
30°N
0°
30°S
60°S
90°S
(b)
60°E
120°E
180°W
120°W
60°W
0°
−95 −75 −55 −35 −15 −5 5 15 35 55 75 95
Year to Year Heat Content Change (W m^{-2})