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High Magnetic Field NMR Studies of Quantum Spin Chains and Ladders

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High magnetic field NMR techniques are applied to the microscopic study of two quantum antiferromagnets: the spin-Peierls compound $CuGeO_3$, in which the incommensurate phase has been studied from $H = H_c = 13$ T up to 26 T, and the metallo-organic spin ladder $Cu_2(C_5H_{12}N_2)_2Cl_4$ in which the spin dynamics has been studied in the whole phase diagram including two quantum critical points.

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