

In The Long Run

Stephen Lane

In The Long Run:

In the Long Run Jordan Schildcrout, 2019-09-04 In the Long Run A Cultural History of Broadway's Hit Plays presents in depth analysis of 15 plays that ran over 1 000 performances examining what made each so popular in its time and then in many cases fall into obscurity Covering one hundred years of theatre history it traces the long running Broadway play as a distinct cultural phenomenon that rises and falls from 1918 to 2018 Each chapter focuses on the longest running plays of a particular decade synthesizing historical research and dramaturgical analysis to explain how they functioned as works of theatrical art cultural commodities and reflections of the values conflicts and fantasies of their times At the heart of each play s history are the ideological contradictions often present in works of popular culture that appeal to diverse audiences particularly around issues of gender race class and sexuality Suitable for anyone with an interest in Broadway and its history In the Long Run explores the nature of time in this ephemeral art form the tensions between commerce and art between popularity and prestige and the changing position of the Broadway play within American popular culture Jim Axelrod, 2011-05-10 It s 2008 Jim Axelrod once among the most watched correspondents on network news and the first television reporter to broadcast from Saddam International Airport in 2003 is covering the final stages of the race for the Democratic presidential nomination He s forty five years old and thirty pounds overweight He s drinking too much sleeping too little and scarcely seeing his family He s just figured out that the industry that pulled him up the corporate ladder is imploding as he s reaching for its final rungs Then out of the blue Jim discovers his late father s decades old New York Marathon finish times At forty six Bob Axelrod ran a 3 29 58 With everything else going on in his life Jim sets himself a defining challenge Can I beat him So begins a deeply felt often hilarious guixotic effort to run the 2009 New York Marathon Along the way Jim confronts his listing marriage a career upset by the seismic changes going on throughout the television news industry excruciatingly painful shin splints and the worst timed kidney stone possible Looming over it all is the shadow of a loving father who repeatedly lost his way in life but still has a lesson to impart This is a book about a dead father s challenge to a son at a crossroads but more than that it is about the personal costs paid when ambition and talent are not enough to ensure success Most fundamentally though it is a book about learning what it takes to be happy in your own skin

Living in the long run Dr. Patrick Krause, 2024-04-26 How do you want to run a marathon in under four hours or at the age of 90 To take Arne Haase as a role model Germany's oldest marathon runner is still doing 20 kilometers twice a week at the age of 90 And it doesn't have to be that sporty But wouldn't the Haase model be a nice vision of you in your old days being trapped in the body of a 45 year old For millions of people regular exercise is part of their lives But almost all of us run the wrong way To stay mobile from now until old age we can make up our minds for a fundamental change E g we mostly unconsciously run as if we were training for a competition From the age of 40 our strength and joints start to deteriorate So what can we change in order to enjoy it forever Change our running attitude running mindfully reduce our biological age

Food for thought from philosophy psychology and coaching leads to a lifestyle that keeps you strong and healthy forever One reading session and you re off and running Living in the long Run is neither a motivational guide nor a training companion just read it put it down and start a new life The inspiring narrative running coach invites you to take things radically slowly but to take the first small step towards almost infinity Because endurance matters Running properly starts in your mind In order to still be strong at the age of 90 author Dr Patrick Krause tears down the performance patterns from our sporting past as well as our modern society running or any other fitness sport should ultimately glide into the flow beyond all logic of increase our bones will be grateful How does that kind of stress reduced running work More like a meditation to go with the flow and that s also how the book is written Because running properly starts in your mind This means eliminating opponents such as some fellow runners and potential tempo tyrans like watches and apps which focus on competition and the logic of improvement It's about consciously taking every mental and athletic step Valuable companions on the short path to an eternal running life are techniques from meditation and philosophy as well as impulses from other sports and training aspects for long distances Because those who train like iron triathletes can surpass themselves you bet Living in the long Run combines running with joie de vivre in an instructive and entertaining way both immediately and long term Catriona Menzies-Pike, 2016-03-01 No one ever expected Catriona Menzies Pike to run a marathon She hated running and was a hopeless athlete When she was twenty her parents died suddenly and for a decade she was stuck She started running on a whim and finally her grief started to move too Until very recently it was frowned upon for women to run long distances Running was deemed unladylike and probably dangerous How did women s running go from being suspect to wildly popular How does a high school klutz become a marathon runner This fascinating book combines memoir and cultural history to explore the rich and contradictory topic of women and running In It for the Long Run Vanessa Stroud, Scott Ludwig, 2012-09-27 Multiple races of marathon distance or greater in a month or perhaps in a weekend Several unsupported runs of 50 and 100 miles through the mountains and forests several times a year Have you ever considered running through a desert across a frozen tundra or over multiple mountain ranges Why not run for three days straight to see how many miles you can accrue Welcome to a place where no locale is too inhospitable and no distance impossible Welcome to the Darkside The Darkside Running Club established in 2002 is a place where runners meet to express their love for distance running and camaraderie by spending countless hours and miles committed to doing what they enjoy most They share a singular focus towards achieving goals far off in the distance both literally and figuratively With their dedication and commitment you may believe the Darksider to be a professional athlete or perhaps an Olympian But you would be wrong they are simply ordinary people doing extraordinary things in the sport they love running Highly competitive while never taking themselves too seriously they strive to shave off minutes or perhaps hours while adding a mile or two or twenty while pushing their limits further and further The impossible becomes possible dreams become reality They wont take no for an answer as they

persevere to move beyond physical and emotional discomfort to finish what they started Excuses dont exist Their passion is contagious So reader be warned theyre in it for the long run The Long Run Matt Long, 2011-08-16 A New York City firefighter's emotional and inspiring memoir of learning to run again after a debilitating accident The Long Run is an emotional and incredibly honest story about Long's determination to fight through fear despair loneliness and intense physical and psychological pain to regain the life he once had Long Run to Glory Stephen Lane, 2023-09-05 On the morning of August 5 1984 four of the greatest marathoners of all time lined up for one of the most important and long awaited races in history By then they had dominated their competition for at least five years upending a century s worth of preconceived notions of what marathoners could do By decade s end they had lowered the world record a total of 13 minutes won 27 major marathon titles and swept every Olympic and World Championship held in the 1980s And in their careers only once did all four American Joan Benoit Norwegians Grete Waitz and Ingrid Kristiansen and Portugal s Rosa Mota square off in the same race at the 1984 Los Angeles Olympics in the first ever Women's Olympic Marathon Such was their talent that Benoit the world record holder entered the race as the underdog She d had knee surgery in April and no one least of all Benoit herself was certain she could hold up for 26 miles against her three rivals Waitz the former world record holder was the favorite she had destroyed the field at the 1983 World Championships and had never lost a marathon she had finished Kristiansen who had beaten Waitz twice in the summer of 1984 albeit at shorter distances was considered the fastest woman in the race she held world records at 5 000m and 10 000m and would break Benoit's marathon record in 1985 Mota had beaten Kristiansen at the 1982 European marathon championships and was already earning a reputation for raising her level in the biggest races This is their story and the story of the first women s Olympic Marathon **Essentials of** Microeconomics Bonnie Nguyen, Andrew Wait, 2024-01-31 Essentials of Microeconomics is an excellent introduction to microeconomics It presents the basic tools of microeconomics clearly and concisely It presents a vigorous treatment of all relevant introductory microeconomic concepts and emphasises on modern economics game theory and imperfect markets Each chapter is self contained and includes the required key mathematical skills at the start Now in its second edition this updated textbook includes Expanded lecturer resources including detailed lecture slides sample exam questions and updated test bank multiple choice questions An additional section on Economics in Practice focused on policy econometrics and behavioural economics This book is ideal not only for introductory microeconomics courses but its level of analysis also makes the book appropriate for introductory level economics taught at postgraduate level With the emphasis on strategy this text is also well suited for use in business economics courses Long-Run and Short-Run Determinants of Sovereign Bond <u>Yields in Advanced Economies</u> Mr. Tigran Poghosyan, 2012-11-08 We analyze determinants of sovereign bond yields in 22 advanced economies over the 1980 2010 period using panel cointegration techniques. The application of cointegration methodology allows distinguishing between long run debt to GDP ratio potential growth and short run inflation short term

interest rates etc determinants of sovereign borrowing costs We find that in the long run government bond yields increase by about 2 basis points in response to a 1 percentage point increase in government debt to GDP ratio and by about 45 basis points in response to a 1 percentage point increase in potential growth rate In the short run sovereign bond yields deviate from the level determined by the long run fundamentals but about half of the deviation adjusts in one year When considering the impact of the global financial crisis on sovereign borrowing costs in euro area countries the estimations suggest that spreads against Germany in some European periphery countries exceeded the level determined by fundamentals in the aftermath of the crisis while some North European countries have benefited from safe haven flows Gregory Mankiw, 2003 The fifth edition of the 1 bestselling intermediate macroeconomics text with coverage based on the most recent data available plus new student media resources Economics for Today Allan Layton, Tim Robinson, Irvin Tucker, 2018-09-01 Economics for Today 6e simplifies the array of confusing economic analyses and presents a straightforward and balanced approach that effectively teaches the application of basic economics principles Only essential material is included in the book and key concepts are explained in clear and simple terms Written in an engaging and user friendly manner the book is designed for non majors although can also be used in these courses with a continued focus on ethics in economics sustainability and environmental economics housing stress development health happiness and debt crises Economics for Today 6e is also available in MindTap a personalised eLearning solution MindTap provides interactive graph builders online tests video content and access to Aplia to build student confidence and give you a clear picture of their **Cost Curves and Supply Curves** Jacob Viner, 2013-12-21 The Fall and Rise of Keynesian Economics progress John Eatwell, Murray Milgate, 2011-06-16 The simple message of Eatwell Milgate's Fall and Rise of Keynesian Economics is that it was inevitable that Keynesian economics would rise again when circumstances conspired to make it apparent that conventional macroeconomic thinking had lost its way and was unable to explain satisfactorily the most outstanding feature of our actual experience financial instabilty and its effect on real economic activity **Essentials of Economics Paul** Krugman, Paul R. Krugman, Robin Wells, Kathryn Graddy, 2010-10 Check out preview content for Essentials of Economics here Essentials of Economics brings the same captivating writing and innovative features of Krugman Wells to the one term economics course Adapted by Kathryn Graddy it is the ideal text for teaching basic economic principles with enough real world applications to help students see the applicability but not so much detail as to overwhelm them Watch a video interview of Paul Krugman here Coasean Economics Law and Economics and the New Institutional Economics Steven G. Medema, 2012-12-06 Upon hearing that Ronald Coase had been awarded the Nobel Prize a fellow economist's first response was to ask with whom Coase had shared the Prize Whether this response was idiosyncratic or not I do not know I expect not Part of this type of reaction can no doubt be explained by the fact that Coase has often been characterized as an economist who wrote only two significant or influential papers The Nature of the Firm 1937 and The Problem of Social Cost 1960 And

by typical professional standards of significant and influential i e widely read and cited this perception embodies a great deal of truth even subsequent to Coase s receipt of the Prize This is not to say that there have not been other important works The Marginal Cost Controversy 1946 and The Lighthouse in Economics 1974 come immediately to mind here only that in a random sample of say one hundred economists one would likely find few who could list a Coase bibliography beyond the two classic pieces noted above in spite of Coase's significant publication record. The purpose of this collection is to assess the development of tensions within and prospects for Coasean Economics those aspects of economic analysis that have evolved out of Coase's path breaking work Two major strands of research can be identified here law and economics and the New **Institutional Economics Industrial Organization in Context** Stephen Martin, 2010-04-22 Industrial Organization in Context examines the economics of markets industries and their participants and public policy towards these entities It takes an international approach and incorporates discussion of experimental tests of economic models **Longrun Dynamics** G. Snooks, 1998-04-08 Longrun Dynamics is a ground breaking work that begins where the author's Economics without Time 1993 left off It employs the inductive method proposed by J S Mill to develop a general dynamic theory that integrates the separate disciplines of economic growth economic fluctuations and political decision making The central feature of this general theory is dynamic demand which provides both a realist form for the model and a new explanation of macroeconomics variables. The general theory also provides an entirely new basis for policy and is designed to counter the influence of neo liberalism in economic theory Production, Distribution and Trade Adriano Birolo, Duncan Foley, Heinz D. Kurz, Bertram Schefold, Ian Steedman, 2010-06-30 Production Distribution and Trade brings together leading voices in classical and post Keynesian economics to discuss key issues such as growth globalization and financial markets in the history of economic thought Microeconomics R. Glenn Hubbard, Anne M. Garnett, Philip Lewis, Anthony Patrick O'Brien, 2014-09-01 Microeconomics is the most engaging introductory economics resource available to students today Using real businesses examples to show how managers use economics to make real decisions every day the subject is made relevant and meaningful Each chapter of the text opens with a case study featuring a real business or real business situation refers to the study throughout the chapter and concludes with An Inside Look a news article format which illustrates how a key principle covered in the chapter relates to real business situations or was used by a real company to make a real business decision Solved problems in every chapter motivate learners to confidently connect with the theory to solve economic problems and analyse current economic events

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