

1: Procrustean | Define Procrustean at www.enganchecubano.com

In Greek mythology, Procrustes (Ἰνδὸς Ἰπποκρίτης, Prokroustes) or "the stretcher [who hammers out the metal]", also known as Prokoptas or Damastes (Ἰνδὸς Ἰπποκρίτης, "subduer"), was a rogue smith and bandit from Attica who attacked people by stretching them or cutting off their legs, so as to force them to fit the size of an iron bed.

In fact, I was so unimpressed with their general weight training ability I wanted to institute a rule of non-selection unless they could achieve certain numbers in the gym. However, instead of fitting the bed to the traveller, he would either cut off the limbs of his guest or stretch them out, so that the traveller would fit the bed. This myth has led to a few terms that are important to understand in Athlete Development: Procrustean bed – an arbitrary standard that is usually mandatory to achieve. Examples of the Procrustean Bed in the world of sports and training are rife in many domains. Sitting caused her immense pain, as did rotation and any quick movements. Wanting to see a physiotherapist as soon as possible, she called around and booked in with the first appointment available. This idiot informed her that, according to his KPIs and despite her obvious pain, there was nothing wrong with her back. He had a Procrustean bed and wanted her to fit to it. Nutrition It is not uncommon for dietitians to set skinfold targets for certain playing positions in each sport. For example, rugby union props might have to be under mm, or in the AFL midfielders might be aiming to be under 50mm. Is this based on evidence? Or is it a Procrustean goal? If the number is neat - e. On a personal note, while I mainly adhere to higher fat, paleo-type diet think: On the other hand, my triathletes and ironman have improved their training and performance through adopting a similar nutrition plan as mine. Applying a Procrustean solution to both groups would be detrimental to at least one squad. Are your selection criteria predictive of ability based on evidence or just easy to administer and monitor Procrustean? This is not an example of a Procrustean goal. He knew that when he hit on the bench, combined with the accumulation and balance of all the other work he had performed, he was physically ready to take on anyone. The lbs was not an arbitrary goal. Andre is one of the few players who used to ask AO tournament director, Craig Tiley, if he could be scheduled to play during the middle of the day in the hot Melbourne sun, such was his belief in his preparation. Or to touch their toes? FMS or potentially any other screening Forcing all your athletes to squat with one technique weightlifting, powerlifting, bodybuilding, etc. What about minimum reps for a body weight exercise before external weight? He shut them down pretty quickly by informing me that George Smith, arguably one of the best rugby union players in the world for a period of over 10 years, never got close to Level 12 on the Beep Test Multi-stage Shuttle Test. Maybe he saw it as irrelevant? Maybe his ability to read the play and make decisions more than covered for his low test scores? The point is the Brumbies staff were astute enough to realise that it was performance on the field that was important, not some Procrustean aerobic test. Your challenge, is to ensure your athletes are getting what they need, when they need it and in the manner they need it Not a Procrustean Bed. Grant Jenkins is a Physical Performance Coach who tries to work from Performance backwards, not Procrustean beds forwards.

2: Digested read: The Bed of Procrustes by Nassim Nicholas Taleb | Books | The Guardian

In Bed with Procrustes: Feminism's Flirtation with Patriarchy is the second volume in a «Hestia Trilogy». It continues Professor Thompson's exploration of the Hestian/Hermean Dual Systems Paradigm, introduced in The Accidental Theorist: The Double Helix of Everyday Life.

Late in , Taleb quietly published his third book, *The Bed of Procrustes: Philosophical and Practical Aphorisms*. Taleb chose the title carefully. Procrustes was a character from Greek mythology with an odd sense of hospitality. He would abduct travellers passing by his home, dine with them, and then invite them to spend the night in his guest bed. But being a bit of a perfectionist, he wanted them to fit in the bed just right. So those that were too tall for the bed had their legs chopped off; those that were too short were stretched. Rather than adjust our models and theories to fit a complex reality, we try to force the real world to fit our models. *The Bed of Procrustes* is a collection of pithy sayings that has more in common with an Oscar Wilde story or even an irreverent parody of Confucius quotes than with a money and investing book. Taleb comes across as a bit of an anarcho-libertarian at times. In addition to financial models, he finds many of the facets of normal life to be Procrustean beds: Still, *The Bed of Procrustes* manages to be both thought provoking and wildly entertaining at the same time. Here are some of my favorite aphorisms from the book: My only measure of success is how much time you have to kill. This material is provided for informational purposes only, as of the date hereof, and is subject to change without notice. This material may not be suitable for all investors and is not intended to be an offer, or the solicitation of any offer, to buy or sell any securities nor is it intended to be investment advice. You should speak to a financial advisor before attempting to implement any of the strategies discussed in this material. There is risk in any investment in traded securities, and all investment strategies discussed in this material have the possibility of loss. Past performance is no guarantee of future results. The author of the material or a related party will often have an interest in the securities discussed. Please see Full Disclaimer for a full disclaimer.

3: Procrustes | Riordan Wiki | FANDOM powered by Wikia

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In later tellings, if the guest proved too tall, Procrustes would amputate the excess length; nobody ever fitted the bed exactly. He killed Damastes, surnamed Procrustes, by compelling him to make his own body fit his bed, as he had been wont to do with those of strangers. And he did this in imitation of Heracles. For that hero punished those who offered him violence in the manner in which they had plotted to serve him. Cultural references[edit] "It is impossible to establish universal uniformity of hours without inflicting very serious injury to workers. The Bed of Procrustes: Procrustes analysis is the process of performing a shape-preserving Euclidean transformation to a set of shapes. This removes variations in translation, rotation and scaling across the dataset in order to move them into a common frame of reference. This is generally the precursor to further statistical analysis. A related problem in linear algebra is the orthogonal Procrustes problem of finding the closest orthogonal matrix to any given matrix. A Procrustean solution is the undesirable practice of tailoring data to fit its container or some other preconceived structure. In a Procrustean solution in statistics, instead of finding the best fit line to a scatter plot of data, one first chooses the line one wants, then selects only the data that fits it, disregarding data that does not, so to "prove" some idea. It is a form of rhetorical deception made to forward one set of interests at the expense of others. The unique goal of the Procrustean solution is not win-win, but rather that Procrustes wins and the other loses. In this case, the defeat of the opponent justifies the deceptive means. In computer science , a Procrustean string is a fixed length string into which strings of varying lengths are placed. If the string inserted is too short, then it is padded out, usually with spaces or null characters. If the string inserted is too long, it is truncated. The concept is mentioned in the Sinclair ZX81 and Sinclair Spectrum user manuals, where a portion of a string is replaced by another string using Procrustean assignmentâ€”the replacement string is truncated or padded in order to have length equal to the portion being replaced. If the first assembly of a film is too long by a certain amount, that amount is removed quickly, sometimes brutally. Then the film is viewed at this new length, and progress afterwards is aimed at smoothing out the amputations without adding length. This version is depicted as a half-giant. In the Eastern world, the legend of Procrustes figures prominently in Malayalam literature beginning with the highly acclaimed poem titled eponymously "Procrustes" by Vayalar Ramavarma.

4: Booko: Comparing prices for Bed of Procrustes The

The Bed of Procrustes: Philosophical and Practical Aphorisms is a philosophy book by Nassim Nicholas Taleb written in the aphoristic style. It was first released on November 30, by Random House. [1].

5: Procrustes | Greek mythological figure | www.enganchecubano.com

The Bed of Procrustes, the title of Nassim Taleb's book of aphorisms, takes its title from Greek Mythology. pu. Procrustes ("the stretcher") owned a small estate along the sacred way between Athews and Eleusis.

6: The Bed of Procrustes Quotes by Nassim Nicholas Taleb

PROCRUSTES Procrustes, in Greek mythology, was the cruel owner of a small estate in Corydalus in Attica, on the way between Athens and Eleusis, where the mystery rites were.

7: The Bed of Procrustes - Wikipedia

IN BED WITH PROCRUSTES pdf

In Bed with Procrustes: Feminism's Flirtation with Patriarchy (Book 2, The Hestia Trilogy) by Patricia J. Thompson and a great selection of similar Used, New and Collectible Books available now at www.enganchecubano.com

8: Booko: Comparing prices for The Bed of Procrustes

*The Bed of Procrustes: Philosophical and Practical Aphorisms (Incerto) [Nassim Nicholas Taleb] on www.enganchecubano.com *FREE* shipping on qualifying offers. Bed of Procrustes is a standalone book in Nassim Nicholas Taleb's landmark Incerto series.*

9: Procrustean | Definition of Procrustean by Merriam-Webster

"They will envy you for your success, your wealth, for your intelligence, for your looks, for your status - but rarely for your wisdom." • Nassim Nicholas Taleb, The Bed of Procrustes: Philosophical and Practical Aphorisms.

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