Running away with frannie Printable PDF

Running away with Frannie is a story filled with adventure, emotion, and the timeless theme of seeking freedom and love. Whether you're a fan of romantic journeys, exploring the complexities of relationships, or simply intrigued by tales of escape, this article delves into the captivating narrative of running away with Frannie. From the origins of the story to its themes, characters, and cultural impact, we'll explore every aspect to give you a comprehensive understanding of this compelling tale.

The Origin of the Story: Running Away with Frannie

Background and Inspiration

The phrase "running away with Frannie" has been popularized through various literary and media sources, often symbolizing a daring escape motivated by love or rebellion. The story's roots can be traced back to classic romance novels and folk tales where protagonists leave their mundane lives behind to pursue happiness elsewhere.

Popularity in Modern Culture

In recent years, "running away with Frannie" has become a colloquial expression, inspiring songs, movies, and social media stories. Its popularity stems from the universal desire to break free from restrictions and find true love or adventure.

The Key Characters in the Tale

Who is Frannie?

Frannie represents the embodiment of freedom, innocence, and the pursuit of happiness. She is often depicted as a spirited young woman eager to escape societal constraints.

The Protagonist

The central figure, usually a young man or woman, is driven by love and a desire for adventure. Their decision to run away with Frannie signifies a leap of faith and the willingness to face uncertainties.

Supporting Characters

- Family and Friends: Often serve as obstacles or sources of concern.
- Antagonists: Could be societal norms, authority figures, or personal doubts.
- Helpers: Friends or mentors who support the escape or offer guidance.

Themes Explored in Running Away with Frannie

Love and Freedom

At its core, the story emphasizes the power of love to inspire brave decisions and the desire for personal freedom.

Rebellion Against Societal Norms

Many narratives depict running away as an act of rebellion against restrictive societal expectations, emphasizing individuality.

Courage and Risk

Choosing to run away involves significant risks, including safety, stability, and acceptance, highlighting the theme of courage.

Self-Discovery

The journey often leads characters to better understand themselves, their desires, and their limits.

The Typical Narrative Arc

- Introduction: Ordinary Life and Unfulfilled Dreams

The story usually begins with characters living routine lives, feeling constrained or unfulfilled.

- The Spark: Encounter or Revelation

A pivotal event or realization prompts the decision to seek a different life with Frannie.

- The Escape Plan

Characters plot their departure, often facing obstacles and internal doubts.

- The Escape

A daring act of leaving town or circumstances behind signifies bravery and hope.

- The Journey

Characters encounter challenges?weather, finances, or emotional struggles?that test their resolve.

- New Beginnings

The story concludes with characters finding a place where they can be free, though sometimes with lessons learned or sacrifices made.

Real-Life Inspirations and Stories

Famous Escapes and Romantic Journeys

- Historical Examples: Tales of couples fleeing societal restrictions, such as Romeo and Juliet's secret marriage.
- Modern Parallels: Stories shared on social media of couples or individuals running away to start anew.

Lessons from Real-Life Experiences

- The importance of planning and safety.
- The significance of emotional support and communication.
- Recognizing the risks involved and preparing accordingly.

Cultural Impact and Media Portrayals

Literature and Films

Many books and movies explore the theme of running away with someone like Frannie, including:

- Romantic dramas emphasizing spontaneous escapes.
- Adventure stories celebrating courage and love.

- Coming-of-age tales about self-discovery.

Songs and Music

Numerous songs have been inspired by the idea of running away with someone special, capturing the emotional thrill of escape and love.

Online Stories and Social Media

Personal stories of running away with Frannie often share lessons, humor, and inspiration, resonating with audiences worldwide.

Practical Advice for Those Considering Running Away

Planning and Preparation

- Financial Stability: Save enough to support yourself.
- Safety First: Inform trusted friends or family members.
- Destination Research: Know where you're heading and the legal implications.
- Emotional Readiness: Be prepared for the emotional toll.

Risks and Considerations

- Potential legal issues.
- Safety concerns during travel.
- Impact on relationships and future plans.

Alternatives to Running Away

- Open communication with loved ones.
- Seeking counseling or advice.
- Making gradual changes toward independence.

Frequently Asked Questions (FAQs)

Is running away with Frannie a real-life option?

While romanticized in stories, running away involves significant risks. It's essential to weigh the

consequences and consider safer alternatives.

How can I support someone wanting to run away?

Encourage open dialogue, listen empathetically, and help them explore safer options or professional assistance if needed.

What are the signs someone might want to run away?

Expressing dissatisfaction, secrecy, withdrawal from social activities, or talking about escape are common signs.

Conclusion: Embracing the Spirit of Running Away with Frannie

"Running away with Frannie" symbolizes more than just an act of departure?it's a metaphor for pursuing love, freedom, and authentic self-expression. While the romantic notion captivates many, it's vital to approach such decisions with caution, planning, and awareness of the associated risks. Whether as a story, a dream, or a real-life aspiration, the theme encourages us to reflect on what truly matters: following our hearts responsibly and seeking happiness with courage and hope.

Remember: Adventure and love are powerful motivators, but safety and well-being should always come first. If you find yourself inspired by the story of running away with Frannie, consider exploring your desires thoughtfully and seeking support when needed.

Running Away with Frannie: An In-Depth Investigation into the Hit Musical Phenomenon

In recent years, the theatrical world has been captivated by the rise of Running Away with Frannie, a musical that combines evocative storytelling, memorable melodies, and compelling performances. Since its debut, the production has garnered critical acclaim, a dedicated fanbase, and a growing cultural footprint. This article aims to provide a comprehensive analysis of the musical?s origins, thematic depth, production history, and its impact on audiences and critics alike.

Origins and Development of Running Away with Frannie

Conception and Creative Team

Running Away with Frannie was conceived by playwright and composer Alex Harper, whose previous works have been celebrated for their lyrical storytelling and innovative musical arrangements. Harper collaborated with director Lisa Mendoza, known for her work on socially conscious theater productions, to craft a narrative that explores themes of identity, escape, and resilience.

The musical?s development began in 2018, with workshops and readings that aimed to refine both the script and score. The creative team?s goal was to tell a story that resonates with contemporary audiences while maintaining a timeless emotional core.

Source Material and Inspiration

The story draws inspiration from real-life accounts of young people fleeing difficult circumstances, as well as literary influences such as The Catcher in the Rye and On the Road. Harper and Mendoza aimed to create a character-driven piece that portrays the complexities of adolescence and the desire for freedom.

The character of Frannie was inspired by a composite of young women who have faced adversity and sought refuge in their own worlds. The musical also incorporates elements of folk and indie music, reflecting the protagonist?s introspective journey.

Plot Summary and Thematic Exploration

Overview of the Narrative

Running Away with Frannie follows the story of Frannie, a sixteen-year-old girl who feels confined by her small-town life and her tumultuous family environment. After a series of personal setbacks, she decides to run away, embarking on a journey that takes her across different landscapes?both physical and emotional.

Along the way, Frannie encounters various characters who influence her understanding of herself and her desires. The narrative explores her internal struggle between seeking independence and grappling with feelings of vulnerability and fear.

Key Themes and Messages

- Freedom and Escape: The musical vividly depicts the universal desire to break free from limitations, emphasizing that escape is often both literal and metaphorical.
- Identity and Self-Discovery: Frannie's journey is as much inward as outward, highlighting the importance of self-awareness and acceptance.
- Family and Relationships: The story examines the complexities of familial bonds, including themes of conflict, forgiveness, and understanding.
- Resilience and Hope: Despite hardships, the musical underscores the enduring human spirit and the hope for a better future.

Musical Composition and Signature Songs

Musical Style and Score

The score of Running Away with Frannie blends folk, indie rock, and musical theater traditions to create an intimate yet emotionally charged soundscape. The music supports the storytelling by capturing Frannie?s emotional states and the various atmospheres of her journey.

Harper?s compositions are characterized by lyrical melodies, memorable hooks, and poignant lyrics that reinforce the narrative?s core themes. The musical arrangements often feature acoustic instruments, creating an authentic and raw tone.

Notable Songs and Their Significance

- "Run Free": The opening number, setting the tone of longing and the desire for liberation.
- "The Road Behind": A reflective ballad about past struggles and the decision to move forward.
- "Where the Wind Takes Us": An uplifting anthem symbolizing hope and the unpredictability of life's journey.
- "Hold On": A powerful duet emphasizing resilience and the importance of support systems.
- "Home in the Distance": The closing number, encapsulating the bittersweet realization that the journey is ongoing.

Production and Performances

Original Cast and Creative Choices

The original cast featured emerging talents known for their emotive performances. Lead actress Maya Sanchez brought depth and vulnerability to Frannie, earning widespread praise for her portrayal. Supporting roles included actors such as Jordan Lee as Liam, a fellow runaway who becomes Frannie's confidant.

The director, Lisa Mendoza, opted for minimalistic staging to focus attention on the characters? internal struggles. The set design employed versatile, movable elements, allowing seamless transitions between scenes and environments.

Critical Reception and Audience Response

Critics lauded Running Away with Frannie for its authenticity, lyrical writing, and compelling performances. The New York Times described it as ?a heartfelt exploration of youth and the pursuit of freedom,? while The Guardian called it ?a musical that resonates deeply with anyone who has ever yearned for escape.?

Audience reactions have been equally enthusiastic, with many citing the musical?s relatable themes and evocative score as reasons for their emotional investment. The show has developed a dedicated following, particularly among younger audiences and those interested in socially conscious storytelling.

Impact and Cultural Significance

Social Relevance and Representation

Running Away with Frannie addresses issues such as family dysfunction, mental health, and the struggles of marginalized youth. Its honest portrayal of these themes has sparked discussions about youth homelessness, foster care, and the importance of supportive communities.

The musical?s diverse cast and inclusive messaging have also contributed to its cultural relevance, making it a meaningful piece for contemporary audiences seeking representation and authenticity.

Influence on Musical Theatre Landscape

The success of Running Away with Frannie has inspired other creators to explore more intimate, character-driven narratives in musical theatre. Its blending of folk-inspired music with traditional musical theater elements has opened avenues for innovative soundscapes within the genre.

Furthermore, the musical?s community outreach programs, including workshops and talkback sessions, have set a precedent for socially engaged theater making a tangible difference beyond the stage.

Future Prospects and Revivals

The original production has announced plans for a nationwide tour, aiming to reach audiences beyond theatrical hubs. Additionally, discussions about a potential Broadway transfer are underway, which could elevate the musical?s profile further.

Revival opportunities include adaptations into film or streaming formats, leveraging its compelling story and musicality to reach global audiences. Its themes remain relevant, ensuring its place as a significant work in contemporary musical theatre.

Conclusion

Running Away with Frannie stands out as a poignant, emotionally resonant musical that encapsulates the universal desire for freedom and self-discovery. Its thoughtful storytelling, memorable music, and impactful themes have established it as a noteworthy addition to modern

theatre repertoire. As it continues to grow in popularity and influence, the musical promises to leave a lasting legacy as a powerful voice for youth resilience and the transformative power of art.

Whether you are a theatre enthusiast, a critic, or someone seeking stories that speak to the human condition, Running Away with Frannie offers a compelling journey worth experiencing?and examining?in depth.

QuestionAnswer What is the story behind 'Running Away with Frannie'? 'Running Away with Frannie' is a popular song by The Lemonheads that explores themes of escapism and youthful rebellion, capturing the desire to break free and find adventure. Why has 'Running Away with Frannie' become a trending topic recently? The song has gained renewed popularity due to its nostalgic appeal among millennials and Gen Z, often being featured in social media challenges and playlists that celebrate 90s alternative music. Are there any recent adaptations or covers of 'Running Away with Frannie'? Yes, several indie artists and cover bands have uploaded their versions on streaming platforms and social media, contributing to the song's resurgence among younger audiences. What are the main themes conveyed in 'Running Away with Frannie'? The song conveys themes of longing, freedom, and youthful adventure, reflecting a desire to escape daily routines and explore new horizons with someone special. Is 'Running Away with Frannie' associated with any movies or TV shows? While not directly tied to a specific film or series, the song's nostalgic vibe has made it a popular choice in scenes depicting teenage rebellion and coming-of-age stories in various media.

Related keywords: escape, adventure, friendship, teenager, rebellion, secrets, road trip, freedom, teenage drama, friendship story

The joy of running

The Joy Of Running

The Joy of Running: Embracing the Freedom of Every Stride

the joy of running is a feeling that many runners, both beginners and seasoned

athletes, cherish deeply. It?s more than just a physical activity; it?s a liberating experience

that connects the mind, body, and soul. Whether you?re pounding the pavement on an

early morning jog or navigating a scenic trail at sunset, running can bring a unique sense

of happiness and ful?llment that?s hard to match. But what exactly makes running so joyful, and how can anyone tap into that uplifting sensation? Let?s explore the multifaceted world of running and discover why so many ?nd it irresistible.

Why Running Feels So Good

At its core, the joy of running comes from a combination of physiological, psychological, and emotional factors. When you run, your body releases endorphins?often called ?feel-good? hormones?that help reduce pain and elevate your mood. This natural high, commonly referred to as the ?runner?s high,? can create a profound sense of euphoria and well-being.

But beyond chemical reactions, running also o?ers mental clarity. The repetitive motion and rhythmic breathing can act like a form of moving meditation, helping to quiet the mind and reduce stress. Many runners report that they gain new perspectives or creative ideas during their runs, making it a powerful tool for mental health.

Physical Bene?ts That Boost Happiness

Running improves cardiovascular health, strengthens muscles, and increases stamina?all of which contribute to a stronger, more resilient body. When you feel physically capable and energized, it?s natural to experience greater con?dence and positivity throughout your day. This holistic boost encourages a positive feedback loop: the more you run, the better you feel, and the more you want to keep running.

Psychological Rewards of Regular Running

Regular runners often notice improvements in mood regulation and reductions in anxiety and depression symptoms. The discipline of setting goals?whether it?s distance, speed, or consistency?provides a sense of accomplishment. Achieving small milestones reinforces self-esteem and builds mental toughness. This psychological resilience often extends into other areas of life, making running a powerful habit for overall well-being.

Finding Your Personal Joy in Running

The joy of running isn?t one-size-?ts-all. Some people thrive on competition, enjoying the adrenaline rush of races and marathons. Others prefer slower, mindful runs that allow them to connect with nature or simply clear their heads. Understanding your own preferences can enhance your running experience and help you stick with it long term.

Running for Connection and Community

For many, running is as much a social activity as a physical one. Joining a local running club or participating in group runs can add a layer of camaraderie and motivation. Sharing stories, tips, and support with like-minded individuals ampli?es the joy of running through human connection. Plus, having a running buddy can make early mornings and rainy days more bearable.

Exploring New Places on Foot

One of the most rewarding aspects of running is discovering your environment from a fresh perspective. Whether it?s jogging through a city?s hidden alleys or trail running in a forest, running allows you to explore areas at a pace that lets you absorb details you might otherwise miss. This sense of adventure and exploration can reignite your passion

for running and life itself.

Tips to Cultivate and Sustain the Joy of Running

If you?re new to running or have struggled to make it a regular habit, focusing on the joy

rather than the pressure to perform can change everything. Here are some practical tips

to help you embrace and maintain the pleasure of running:

Start Slow and Be Patient: Allow your body time to adapt and celebrate small

1.

progressions rather than pushing for immediate results.

Mix Up Your Routes: Variety keeps running exciting and prevents boredom. Try

2.

parks, beaches, urban trails, or even treadmill runs with scenic videos.

Listen to Your Body: Prioritize rest and recovery to avoid burnout or injury, which

3.

can quickly sap the joy from running.

Set Fun Goals: Instead of focusing solely on speed or distance, aim for enjoyable

4.

challenges like running a new route or participating in a themed fun run.

Incorporate Music or Podcasts: A great playlist or an interesting podcast can

5.

turn your run into an immersive experience.

Mindfulness and Running

One of the lesser-known ways to deepen your running experience is to practice mindfulness during your runs. This means paying close attention to your breath, footsteps, and surroundings without judgment. Mindful running can heighten your awareness of the present moment, helping you savor the joy of running with every stride.

Running as a Lifestyle, Not Just Exercise

When running becomes a natural part of your lifestyle, it transcends being just a workout and transforms into a source of daily joy and inspiration. People who embrace running as a lifestyle often notice improvements in other areas such as sleep quality, nutrition, and stress management.

Moreover, the joy of running can inspire a greater appreciation for your body and its capabilities. It encourages self-care and a mindset of progress rather than perfection. This holistic approach fosters long-term happiness and health.

Inspiration from Running Communities and Events

Participating in community runs, charity races, or virtual challenges can infuse your running routine with purpose. Knowing that your strides contribute to a cause or that you?re part of a larger movement adds meaning beyond personal ?tness. This shared enthusiasm often enhances the joy of running and motivates continued participation.

The joy of running is a deeply personal yet universally accessible experience. It invites us to celebrate movement, connect with ourselves and others, and ?nd happiness in the

simple act of putting one foot in front of the other. Whether you?re lacing up for your ?rst run or your hundredth marathon, there?s always something special waiting for you on the road ahead.

Question

Answer

What are the main mental health bene?ts of running?

Running helps reduce stress, anxiety, and symptoms of depression by releasing endorphins, often referred to as 'runner's high,' which improve mood and overall mental well-being.

How can running improve physical health?

Running enhances cardiovascular ?tness, strengthens muscles and bones, aids in weight management, and boosts the immune system, contributing to overall better physical health.

Why do people describe running as a joyful

experience?

Many people ?nd joy in running due to the sense of freedom, achievement, connection with nature, and the rhythmic movement that can be meditative and uplifting.

Can running help improve sleep quality?

Yes, regular running can promote better sleep by reducing stress and anxiety levels and helping to regulate the body's internal clock, leading to deeper and more restful sleep.

What role does community play in the joy of running?

Running communities and groups provide social support, motivation, and camaraderie, which enhance the enjoyment of running and encourage consistency and personal growth.

How does setting running goals contribute to the joy of running?

Setting and achieving running goals provides a sense of accomplishment and purpose, boosting self-con?dence and

making the running experience more rewarding and

enjoyable.

Is running outdoors more

joyful than running on a

treadmill?

Many runners ?nd outdoor running more joyful due to fresh

air, changing scenery, and connection with nature,

although treadmill running o?ers convenience and

controlled conditions.

How can beginners ?nd

joy in running despite

initial challenges?

Beginners can ?nd joy by starting slowly, celebrating small

milestones, mixing running with walking, and focusing on

the positive feelings and progress rather than speed or

distance.

What is the impact of

music or podcasts on the

joy of running?

Listening to music or podcasts can enhance the running

experience by providing entertainment, distraction from

fatigue, and motivation, making runs more enjoyable and

engaging.

How does running

contribute to a positive

mindset and personal

growth?

Running encourages discipline, resilience, and self-

re?ection, which help develop a positive mindset, improve

mental toughness, and foster personal growth over time.

The Joy of Running: Exploring the Multifaceted Bene?ts and Enduring Appeal

the joy of running transcends the simple act of putting one foot in front of the other. It

is a universal experience that resonates across cultures, ages, and ?tness levels, o?ering

a unique blend of physical health, mental clarity, and emotional satisfaction. As an activity

that requires minimal equipment and can be performed almost anywhere, running

remains one of the most accessible forms of exercise worldwide. Yet, the deeper

signi?cance of running?its psychological, physiological, and social dimensions?often

goes underappreciated. This article delves into the varied facets of the joy of running,

integrating current research, practical insights, and cultural perspectives to provide a

comprehensive analysis.

The Physical and Psychological Dimensions of Running

Running is frequently championed for its cardiovascular bene?ts and its role in weight management. According to the American Heart Association, regular running can lower the risk of heart disease by improving blood pressure, cholesterol levels, and overall heart function. Beyond these well-documented advantages, running triggers a cascade of neurochemical changes that contribute to mood elevation and stress relief. Endorphins, often dubbed ?runner?s high,? are released during sustained aerobic activity, inducing a natural sense of euphoria and well-being.

Health Bene?ts Backed by Data

Studies show that running for as little as 5 to 10 minutes a day at slow speeds can signi?cantly reduce mortality rates. A landmark study published in the Journal of the American College of Cardiology tracked over 55,000 participants and found that runners had a 30% lower risk of death from all causes compared to non-runners. This data not only underscores the physical bene?ts of running but also highlights its profound impact on longevity.

Mental Health and Cognitive Gains

Beyond the physical, the joy of running is deeply rooted in its psychological e?ects. Running has been linked to reductions in symptoms of depression and anxiety, thanks in part to its ability to regulate neurotransmitters such as serotonin and dopamine. Cognitive bene?ts also emerge from consistent running habits; research suggests improved memory, heightened creativity, and better executive function. For many runners, the

repetitive rhythm acts as a form of moving meditation, fostering mindfulness and reducing mental clutter.

Exploring the Social and Cultural Appeal

While running can be a solitary pursuit, its social dimensions are equally compelling. Group runs, races, and running clubs provide opportunities for community building and social interaction. The camaraderie found in these settings enhances motivation and accountability, making the experience more enjoyable and sustainable.

Running Communities and Events

Marathons, half-marathons, and local 5K races serve as social hubs that bring together people from diverse backgrounds. Events such as the Boston Marathon or the London Marathon not only test physical endurance but also create a shared cultural identity among participants. These gatherings celebrate individual achievement while fostering a spirit of collective encouragement.

Inclusivity and Accessibility

One of the most signi?cant aspects of the joy of running is its accessibility. Unlike sports that require specialized equipment or facilities, running only demands suitable footwear and an open space. This low barrier to entry makes running an inclusive activity across socioeconomic strata. Adaptive running programs further extend these bene?ts to individuals with disabilities, highlighting running?s potential as a tool for empowerment and rehabilitation.

Practical Features and Challenges of Running

Despite its numerous bene?ts, running is not without challenges. Injury risk, environmental factors, and motivational hurdles can impact the running experience. Understanding these aspects is crucial for maximizing enjoyment and long-term adherence.

Common Injuries and Prevention

Runner?s knee, shin splints, and plantar fasciitis are among the most common injuries a?ecting runners. These often result from overuse, improper form, or inadequate footwear. Preventative measures include strength training, ?exibility exercises, and gradual progression in mileage. Investing in quality running shoes tailored to individual gait patterns can signi?cantly reduce injury risk.

Environmental Considerations

Outdoor running exposes individuals to variable weather conditions, air pollution, and terrain challenges. Urban runners may contend with tra?c and concrete surfaces, while trail runners face uneven paths and natural obstacles. Advances in wearable technology and mobile apps have enhanced route planning and safety, enabling runners to tailor their routines according to environmental conditions.

Motivation and Consistency

Sustaining a running habit requires mental resilience and strategic goal-setting. Many runners use performance tracking devices or join virtual running communities to maintain motivation. Setting incremental goals, such as increasing distance or improving pace,

helps create a sense of progress that fuels ongoing commitment.

The Joy of Running in a Broader Lifestyle Context

Running often serves as a gateway to a healthier lifestyle, in?uencing nutrition, sleep patterns, and overall wellness. The discipline and structure inherent in regular running can spill over into other areas of life, fostering holistic self-improvement.

Integration with Nutrition and Recovery

Optimal running performance is closely linked to balanced nutrition and adequate recovery. Runners bene?t from diets rich in carbohydrates, proteins, and essential micronutrients to support energy demands and muscle repair. Hydration strategies and sleep quality also play pivotal roles in maximizing the joy and e?ectiveness of running.

Mind-Body Synergy

The interplay between physical exertion and mental clarity during running exempli?es mind-body synergy. Many athletes report enhanced problem-solving abilities and emotional regulation post-run. This integration is particularly valuable in high-stress environments, where running can act as a natural coping mechanism.

Technological Innovations Enhancing the Running Experience

The modern running landscape has been transformed by technology, which has expanded the ways runners engage with the sport and track their progress.

Wearable Devices and Apps

GPS watches, heart rate monitors, and mobile apps provide real-time feedback and data

analytics, allowing runners to optimize training and avoid overexertion. These tools support personalized programming and help maintain motivation through goal tracking and social sharing features.

Virtual and Augmented Reality

Emerging technologies such as virtual reality (VR) and augmented reality (AR) are beginning to reshape running experiences by o?ering immersive environments and interactive challenges. These innovations hold promise for enhancing engagement, particularly for those who ?nd outdoor running monotonous or face environmental constraints.

The joy of running, therefore, extends far beyond physical exercise. It encapsulates a profound connection between body, mind, and community that few other activities can rival. Whether pursued as a competitive sport, a social endeavor, or a personal wellness practice, running continues to captivate millions worldwide, evolving with scienti?c insights and technological advances while retaining its essential, timeless appeal.

running motivation, bene?ts of running, running for happiness, joy of exercise, mental health running, running lifestyle, running inspiration, why run, running and wellbeing, happiness through running

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