

Stolen from Edward Kmett's http://comonad.com/reader/ 2009/recursion-schemes/

* This gives rise to a family of related recursion schemes, modeled in recursion-schemes with distributive law combinators These can be combined in various ways. For example, a "zygohistomorphic prepromorphism" combines the zygo, histo, and prepro aspects into a signature like $(f b \rightarrow b) \rightarrow (f \rightarrow f) \rightarrow (f (w (b \times a)) \rightarrow a) \rightarrow Fix f \rightarrow a$