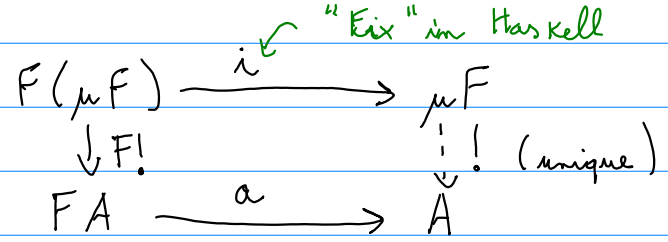
Recursive types (see the Haskell demo)

$F : * \to *$

$\mu : (* \to *) \to *$

$\mu F \simeq F(\mu F)$

We take μF = the initial F-algebra



We proved that i is ISO

$i ; ! = F! ; a$

$\Rightarrow i^{-1} ; i ; ! = i^{-1} ; F! ; a$

$\Rightarrow ! = i^{-1} ; F! ; a$

we can use that in Haskell!