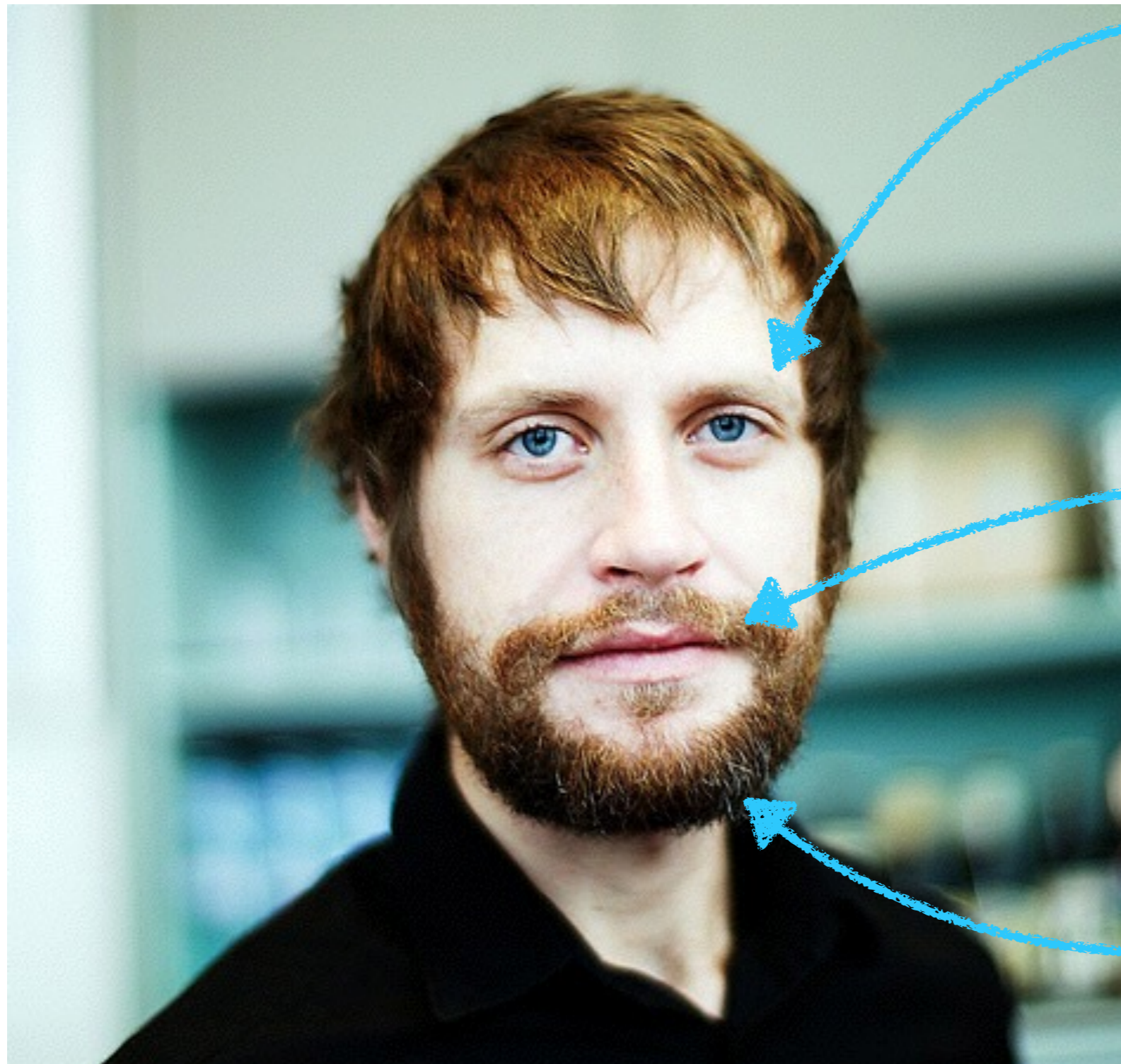# Zen and the Art of Continuous Delivery

Elizabeth Ayer
Redgate

Anatomy of a Hipster

Pitying Gaze

Smug Smile

And Don't Get Me Started On This Facial Hair

Hmmmmm…

We're improving the Service Manual. **Help us get it right**   (opens a short survey on another website.)

Continuous delivery

Making releases boring

Contents

Continuous delivery is about producing regular iterations of y
software that's ready to be released (deployed), though you
to release these iterations to the public.

Producing regular iterations makes it easier for you to:

Continuous Delivery
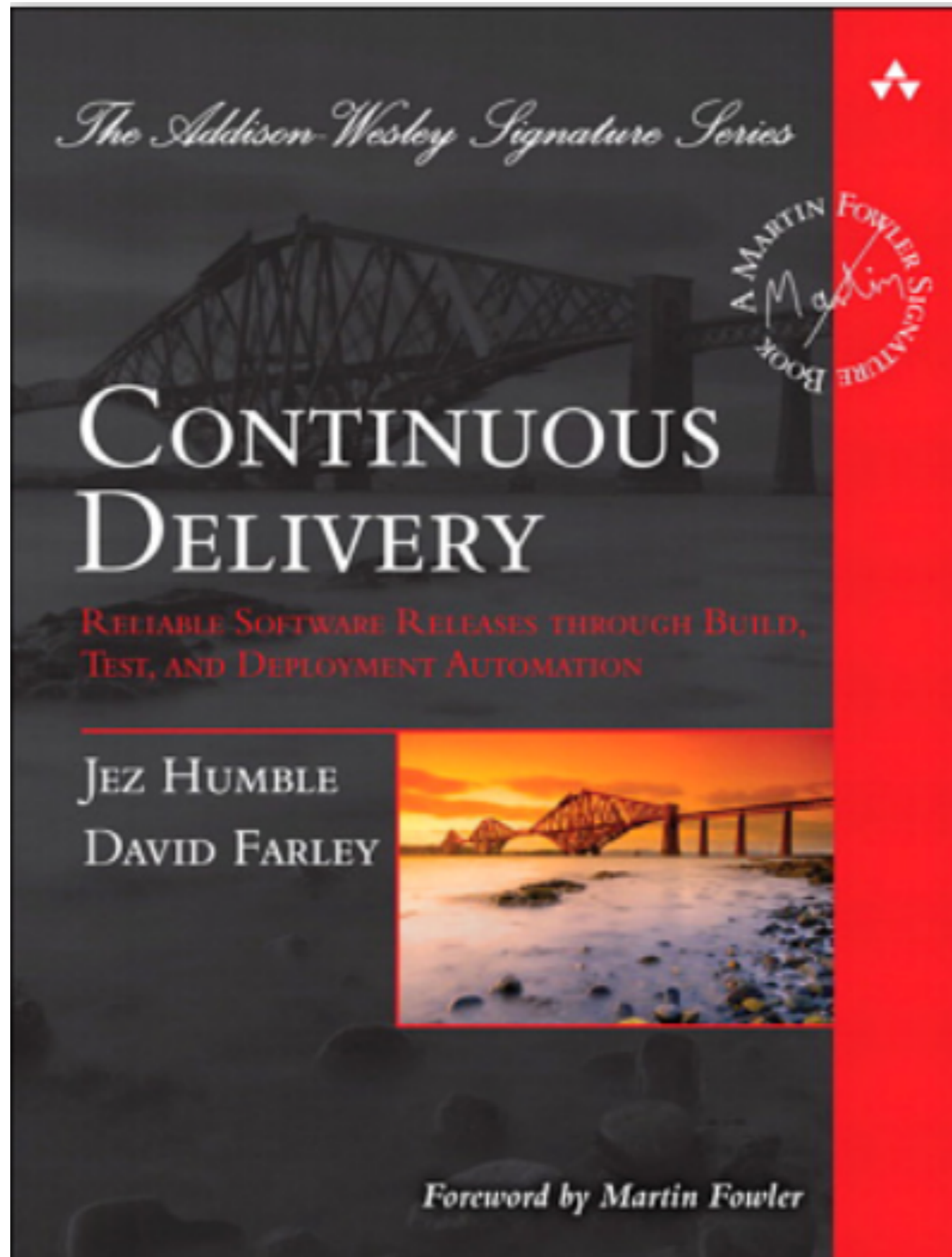
Don't stockpile pain
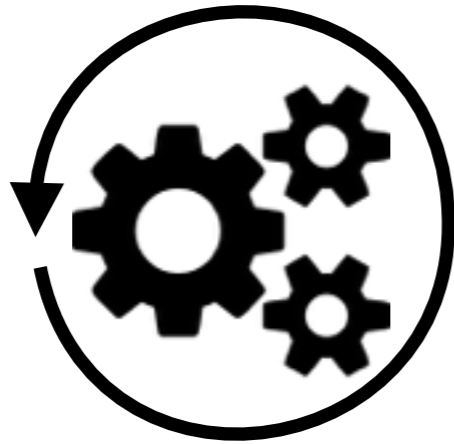
Winter

Spring

Mid-Summer

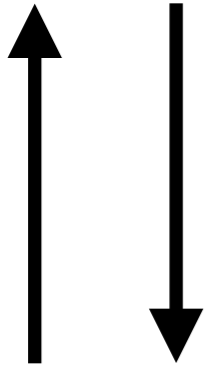Early Fall

The hard work happens early

Dev, Test, Review

Version Control

Continuous Integration

Release Management

Validation

Production

Continuous Delivery as a Process

Mindfulness (supposedly) develops:

- awareness of what you are doing

- approach of curiosity and wonder

- choices about how you react

Mindfulness 101

Mental training that improves attention and self-regulation.

Mindfulness 101

Effectiveness demonstrated in peer-reviewed journals

13. Jha, A., et al. (2007), 'Mindfulness training modifies subsystems of attention', Cognitive Affective and Behavioral Neuroscience, 7, pp. 109–19; Tang, Y. Y., Ma, Y., Wang, J., Fan, Y., Feng, S., Lu, Q., et al. (2007), 'Short-term meditation training improves attention and self- regulation', Proceedings of the National Academy of Sciences (US), 104(43), pp. 17152–6. McCracken, L. M. & Yang, S.-Y. (2008), 'A contextual cognitive-behavioral analysis of rehabilitation workers' health and well-being: Influences of acceptance, mindfulness and values-based action', Rehabilitation Psychology, 53, pp.479–85; Ortner, C. N. M., Kilner, S. J. & Zelazo, P. D. (2007), 'Mindfulness meditation and reduced emotional interference on a cognitive task', Motivation and Emotion, 31, pp. 271–83; Brefczynski-Lewis, J. A., Lutz, A., Schaefer, H. S., Levinson, D. B. & Davidson, R. J. (2007), 'Neural correlates of attentional expertise in long-term meditation practitioners', Proceedings of the National Academy of Sciences (US), 104(27), pp. 11483–8.

14. Brown, Kirk Warren, Ryan, Richard, M. (2003), 'The benefits of being present: Mindfulness and its role in psychological well-being', Journal of Personality and Social Psychology, 84(4), pp. 822–48; Lykins, Emily L. B. & Baer, Ruth A. (2009), 'Psychological Functioning in a Sample of Long-Term Practitioners of Mindfulness Meditation', Journal of Cognitive Psychotherapy, 23(3), pp. 226–41.

15. Ivanowski, B. & Malhi, G. S. (2007), 'The psychological and neuro- physiological concomitants of mindfulness forms of meditation', Acta Neuropsychiatrica, 19, pp. 76–91; Shapiro, S. L., Oman, D., Thoresen, C. E., Plante, T. G. & Flinders, T. (2008), 'Cultivating mindfulness: effects on well-being', Journal of Clinical Psychology, 64(7), pp. 840–62; Shapiro, S. L., Schwartz, G. E. & Bonner, G. (1998), 'Effects of mindfulness-based stress reduction on medical and pre- medical students', Journal of Behavioral Medicine, 21, pp. 581–99.

16. See NICE Guidelines for Management of Depression (2004, 2009). Ma, J. & Teasdale, J. D. (2004), 'Mindfulness-based cognitive therapy for depression: Replication and exploration of differential relapse preven- tion effects', Journal of Consulting and Clinical Psychology, 72, pp. 31–40; Segal, Z. V., Williams, J. M.
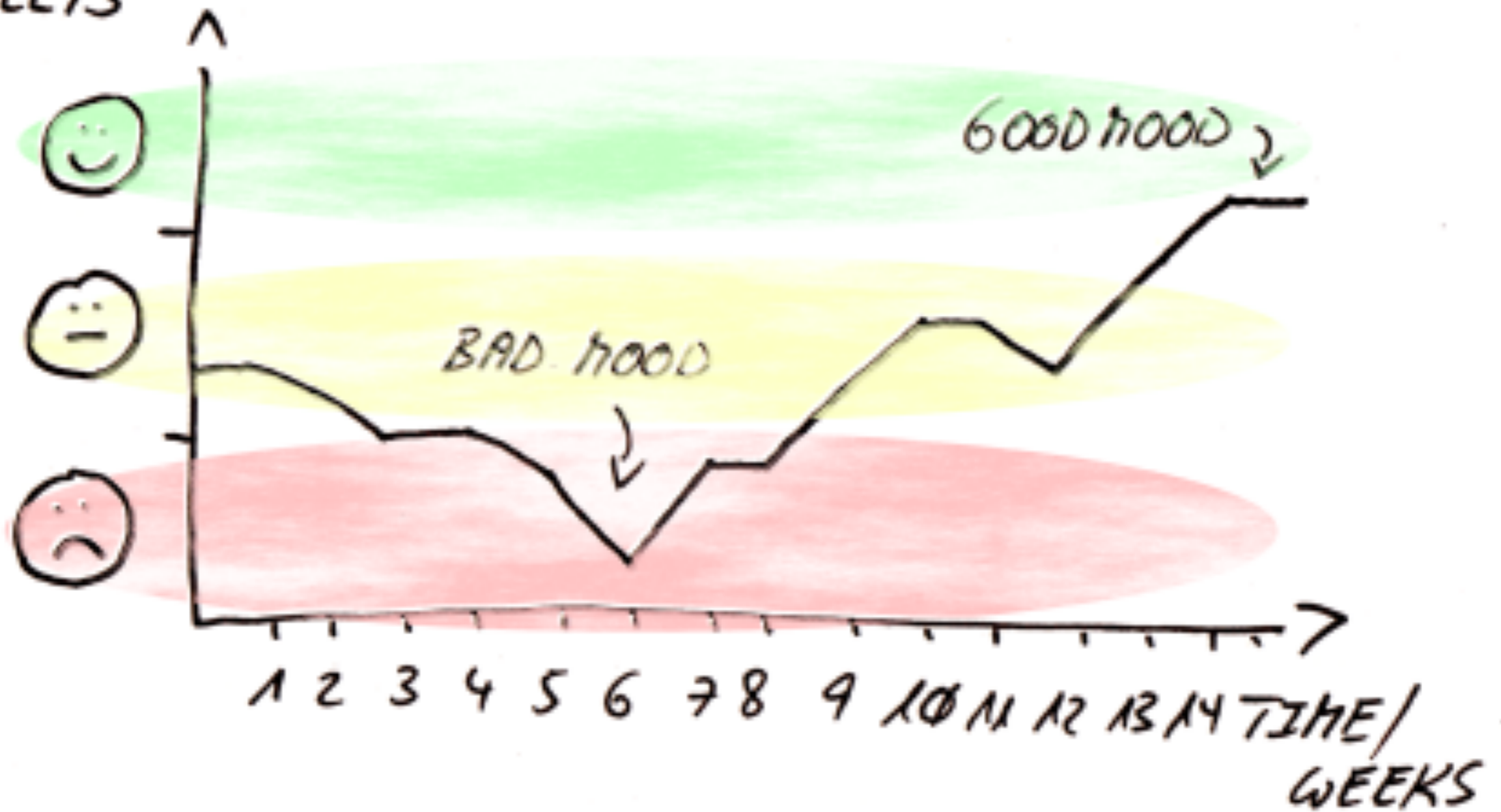
Mindfulness 101

Three measurable components: awareness, acceptance, disidentification.
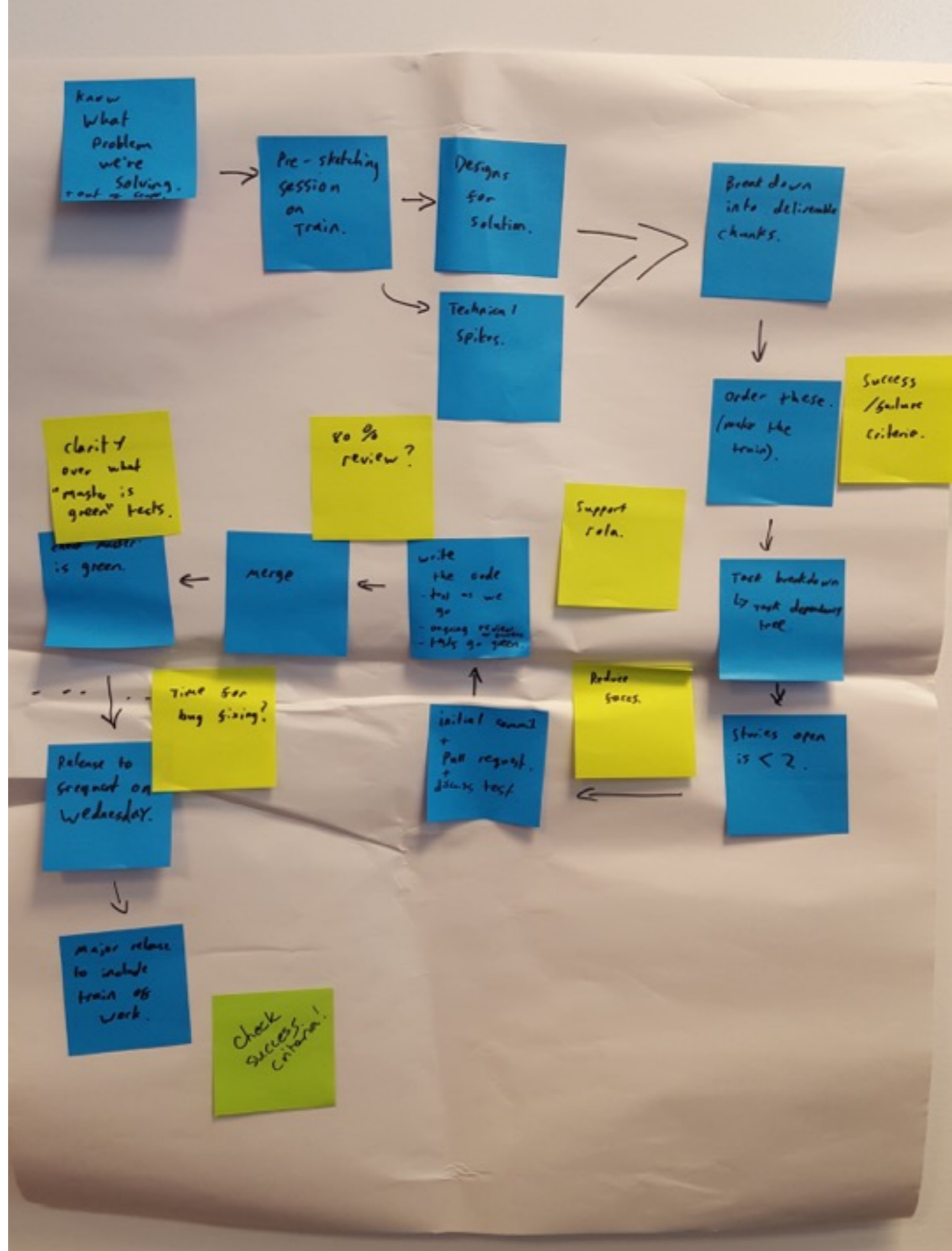
75%

Step 1: Observe

Create Conditions
for Change

Step 2: C~~hange~~

FAQ: What are the hard parts?

FAQ: I'm in, how do I convince everyone else?

Resources

- UCLA Mindful Awareness Research Centre Free Guided Meditations http://marc.ucla.edu/body.cfm?id=22
- The Miracle of Mindfulness by Thich Nhat Hanh (Random House)
- Continuous Delivery by Jez Humble and David Farley (Addison Wesley)
- The Phoenix Project: A Novel About IT, DevOps, and Helping Your Business Win by Gene Kim, Kevin Behr and George Spafford (IT Revolution Press)
- The Goal: A Process of Ongoing Improvement by Eliyahu M. Goldratt and Jeff Cox (Gower Publishing Ltd.)
- Database Lifecycle Management e-Book https://leanpub.com/database-lifecycle-management/
- https://puppetlabs.com/sites/default/files/2015-state-of-devops-report.pdf

Credits

Our Fair Share of Hipsters! Love SF by Christopher Michel https://www.flickr.com/photos/cmichel67/9428306270/ CC BY 2.0

Bruce Lee statue on the Avenue of Stars in Hong Kong Oraz Studio https://www.flickr.com/photos/burleydude/5306854502/ CC BY-NC 2.0

Karate Kid catches a fly by Toby Bradbury https://www.flickr.com/photos/mrlerone/81216913/ CC BY-NC-ND 2.0

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#lascot15