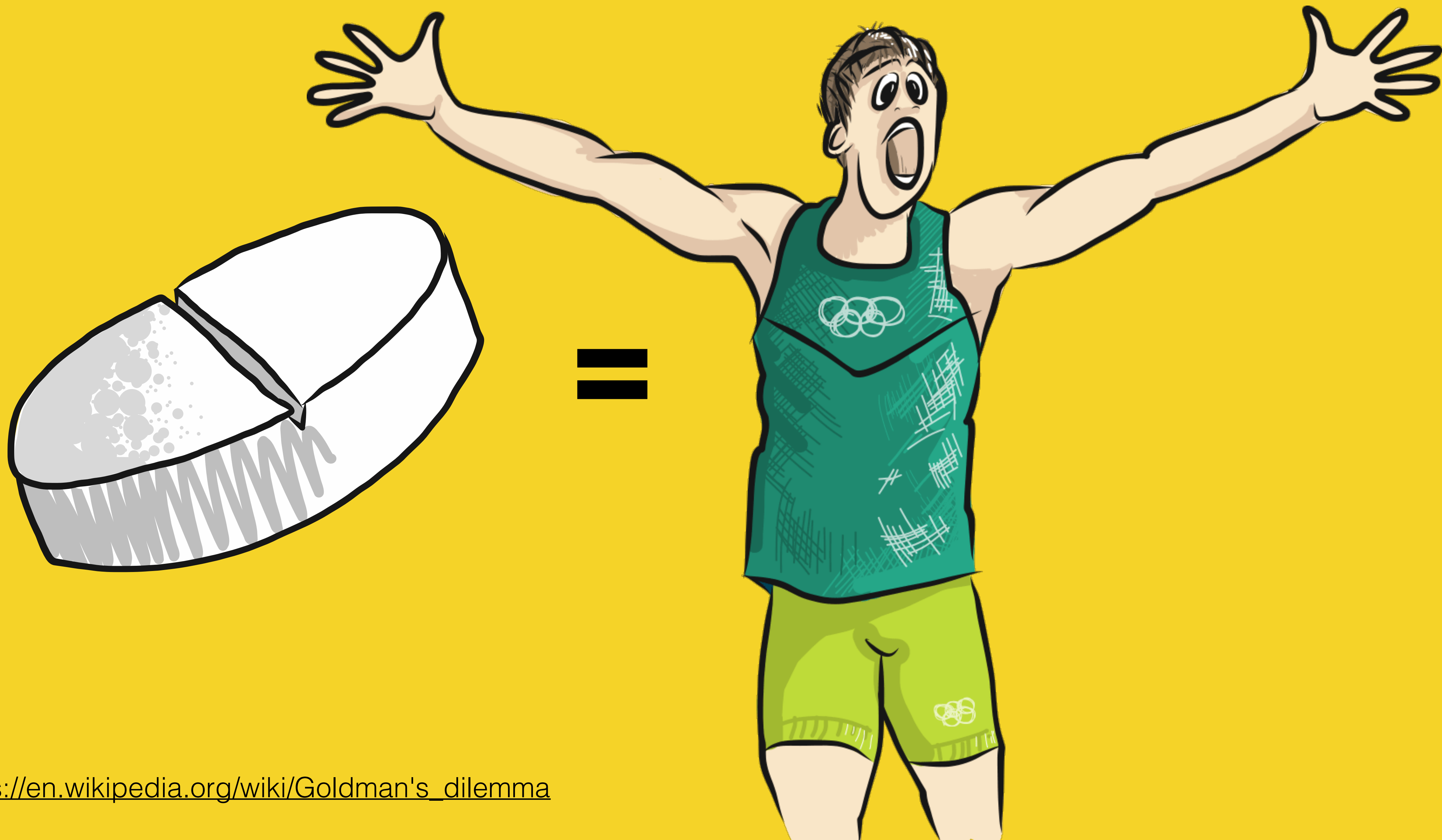
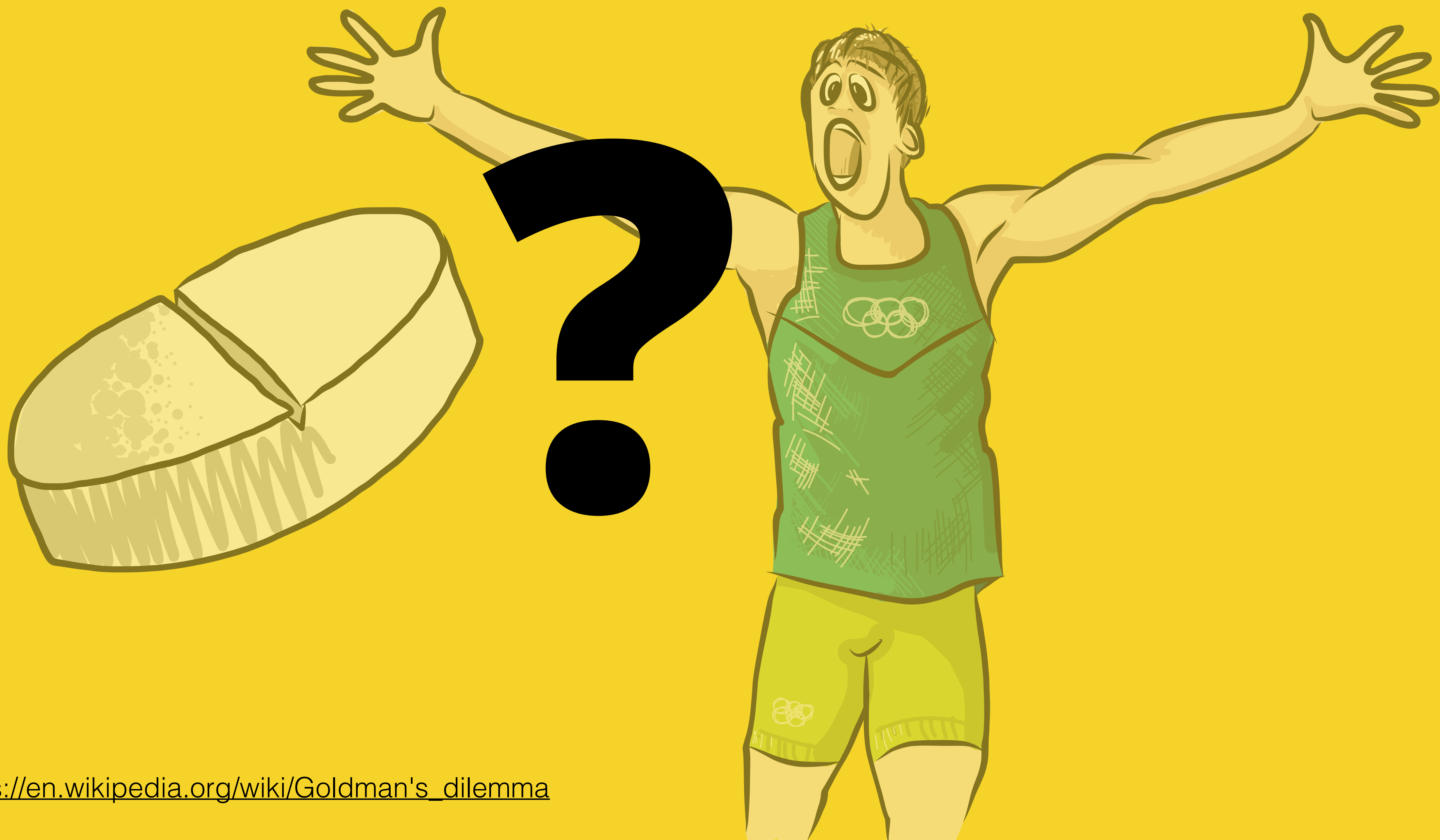


debugger; FOR DEVELOPERS

DENYS MISHUNOV
DIGITAL GARDEN AS
@MISHUNOV








```

Life.MyFirstBook = {
  root: function (path) {
    var dotIndex = path.indexOf('.');
    if (dotIndex === -1) {
      return path;
    }
    return path.slice(0, dotIndex);
  },
  isDeep: function (path) {
    return path.indexOf('.') !== -1;
  },
  isAncestor: function (base, path) {
    return base.indexOf(path + '.') === 0;
  },
  isDescendant: function (base, path) {
    return path.indexOf(base + '.') === 0;
  },
  translate: function (base, newBase, path) {
    return newBase + path.slice(base.length);
  },
  result: function () {
    return 'Designing with Web Standards';
  }
};

```

the first book

```

;
.hasAttribute('strip-whitespace'));

whiteSpace) {
  parseTextNodeAnnotation(node, list) :
  Space);

  ');
  eE)[-+]?[0-9]+)?' + ')';
  \.)*\' + ')';
  .)*" + ')';
  NOTE_STRING + ')';
  '|' + STRING + '\\s*' + ')';
  + ARGUMENT + ')*' + ')';
  + ARGUMENTS + '?' + ')' + '\\)\\s*' + ')';
  T_LIST + '?' + ')';

```

```

ENDING + CLOSE_BRACKET;

```

```

return new RegExp(EXPRESSION,
}(),
_parseBindings: function (text) {

```



Elements Network Performance Console




```

Life.Base.MyFirstProject({
  listeners: {},
  _listenListeners: function (listeners) {
    var node, name, eventName;
    for (eventName in listeners) {
      if (eventName.indexOf('.') < 0) {
        node = this;
        name = eventName;
      } else {
        name = eventName.split('.');
        node = this.$[name[0]];
        name = name[1];
      }
      this.listen(node, name, listeners[eventName]);
    }
  },
  listen: function (node, eventName, methodName) {
    var handler = this._recallEventHandler(this,
    if (!handler) {
      handler = this._createEventHandler(node, ev
    }
    if (handler._listening) {
      return;
    }
  }
});

```

my first project

```

return path;
return path.slice(0, dotIndex);
isDeep: function (path) {
  return path.indexOf('.') !== -1;
},
isAncestor: function (base, path) {
  return base.indexOf(path + '.') === 0;
},
isDescendant: function (base, path) {
  return path.indexOf(base + '.') === 0;
},
translate: function (base, newBase, path) {
  return newBase + path.slice(base.length);
},
result: function () {
  return 'Designing with Web Standards';
}

```

the first book



Elements Network Performance Console

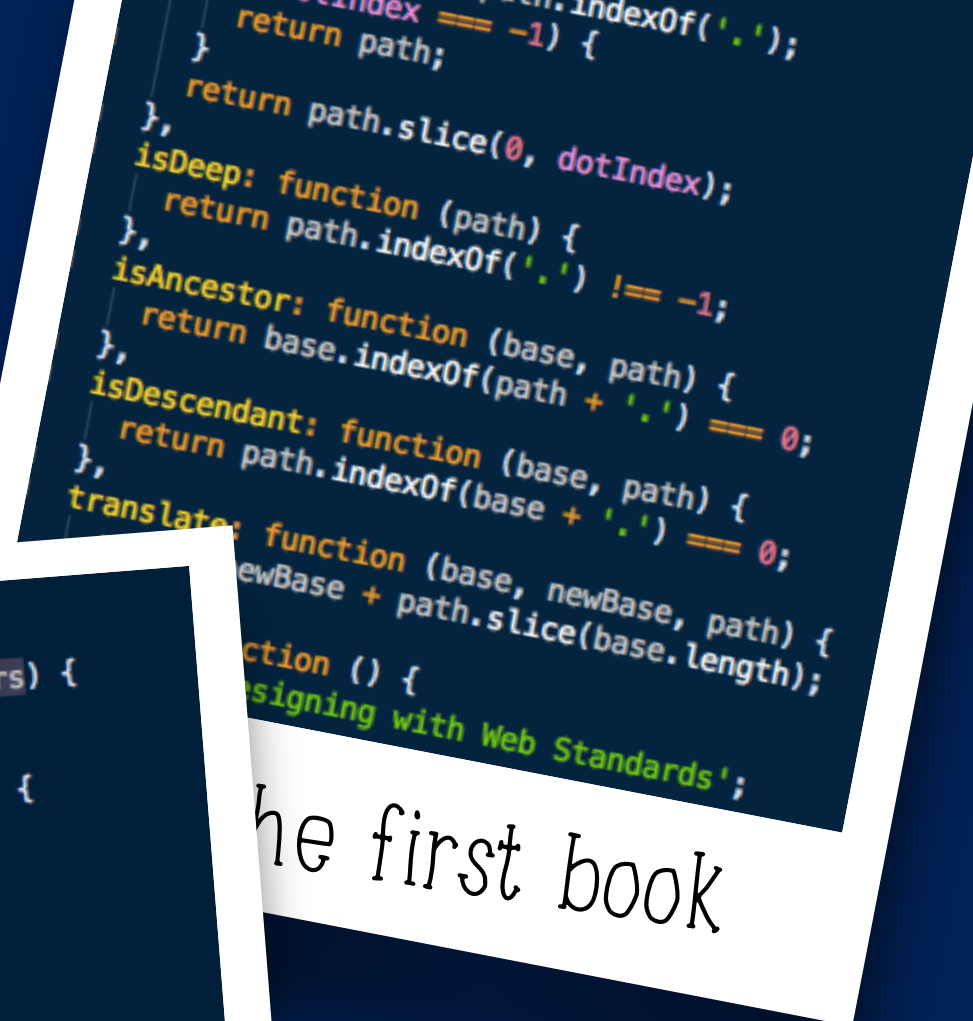



```
var re = this._bindingRegex;
var parts
var lastI
var m;
while ((
if (m
par
}
var
var
var
var
if
```



```
index) }));
```

```
)) > 0) {
```




```
if (mode == '{' && (colon = value.indexOf('::')) > 0) {
  notifyEvent = value.substring(colon + 2);
  value = value.substring(0, colon);
  customEvent = true;
}
parts.push({
  compoundIndex: parts.length,
  value: value,
  mode: mode,
  negate: negate,
  event: notifyEvent,
  customEvent: customEvent
});
lastIndex = re.lastIndex;
}
if (lastIndex && lastIndex < text.length) {
  var literal = text.substring(lastIndex);
  if (literal) {
    parts.push({ literal: literal });
  }
}
```

```
Life.Base.MyFirstProject({
  listeners: {},
  _listenListeners: function (listeners) {
    var node, name, eventName;
    for (eventName in listeners) {
      if (eventName.indexOf('.') < 0) {
        node = this;
        name = eventName;
      } else {
        name = eventName.split('.');
        node = this.$[name[0]];
        name = name[1];
      }
      this.listen(node, name, listeners[eventName]);
    }
  },
  listen: function (node, eventName, methodName) {
    var handler = this._recallEventHandler(this,
    if (!handler) {
      handler = this._createEventHandler(node,
    }
    if (handler._listening) {
      return;
    }
  }
});
```

my first project

```
return path;
return path.slice(0, dotIndex);
isDeep: function (path) {
  return path.indexOf('.') !== -1;
},
isAncestor: function (base, path) {
  return base.indexOf(path + '.') === 0;
},
isDescendant: function (base, path) {
  return path.indexOf(base + '.') === 0;
},
translate: function (base, newBase, path) {
  return newBase + path.slice(base.length);
},
action () {
  signing with Web Standards';
}
```

the first book

```
Life.MyFirstWorkplace({
  init: function () {
    return 'Aaaaaaaa! WTF?';
  },
  _prepAnnotations: function () {
    if (!this._template) {
      this._notes = [];
    } else {
      var self
    }
  }
});
```



Elements Network Performance Console



✖ ▶ Perfectionism: embrace imperfection

[life.html:1300](#)

✖ ▶ Impostor phenomenon: embrace impostrism

[life.html:1315](#)

✖ ▶ Long hours: slow down

[life.html:1316](#)





PERFECTIONISM



PERFECTIONISM

NEGATIVE
(UNHEALTHY)

POSITIVE
(HEALTHY)

PERFECTIONISM

NEGATIVE

(UNHEALTHY)

PERFECTIONISM

NEGATIVE
(UNHEALTHY)



PERFECTIONISM

PERFECTIONIST
PARALYSIS



PERFECTIONISM

PERFECTIONIST PARALYSIS

PICKING A
DETAIL



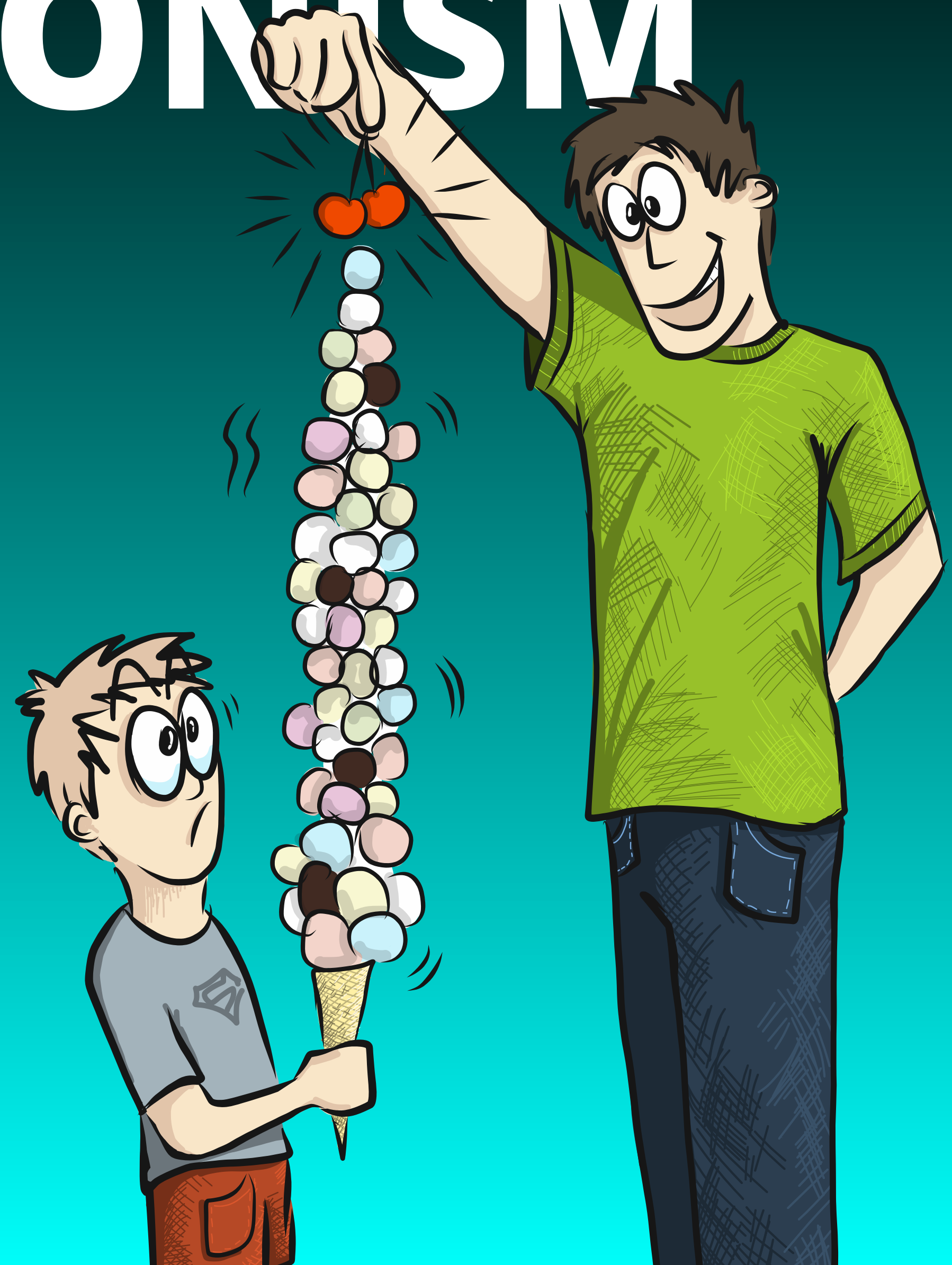
PERFECTIONISM

PERFECTIONIST PARALYSIS

PICKING A DETAIL

UNNECESSARY

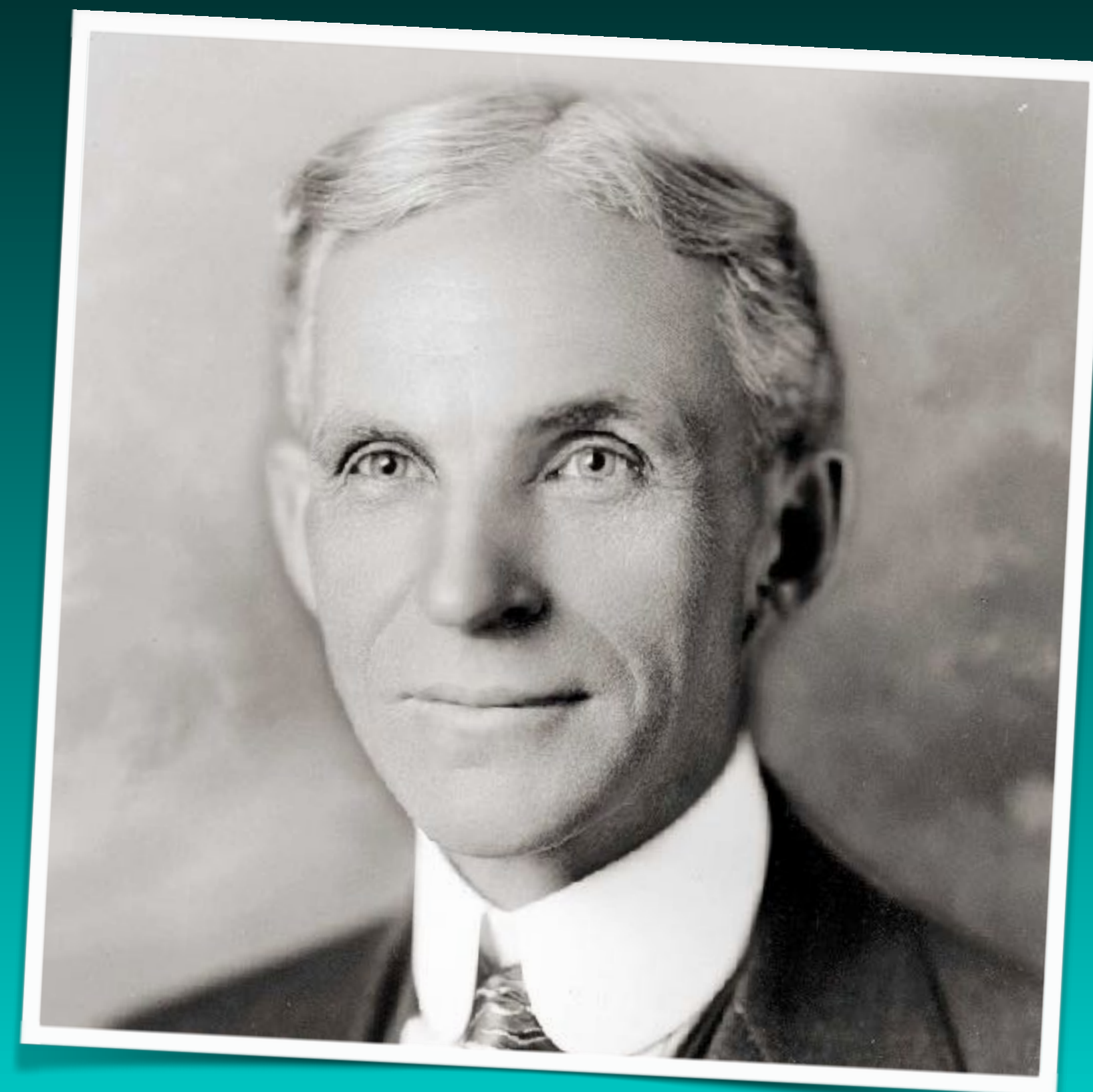
TASK



NEGATIVE PERFECTIONISM



POSITIVE PERFECTIONISM



My product should be perfect...

I am **not going** to release,
develop a feature, commit
before I am sure it is perfect.

My product should be perfect...

And this release, feature,
commit moves me **one step**
closer to this perfect result.

UNHEALTHY

My product should be perfect. I am **not going** to release, develop a feature, commit before I am sure it is perfect.

HEALTHY

My product should be perfect. And this release, feature, commit moves me **one step closer** to this perfect result.

IMPERFECTION



IMPOSTOR PHENOMENON



“



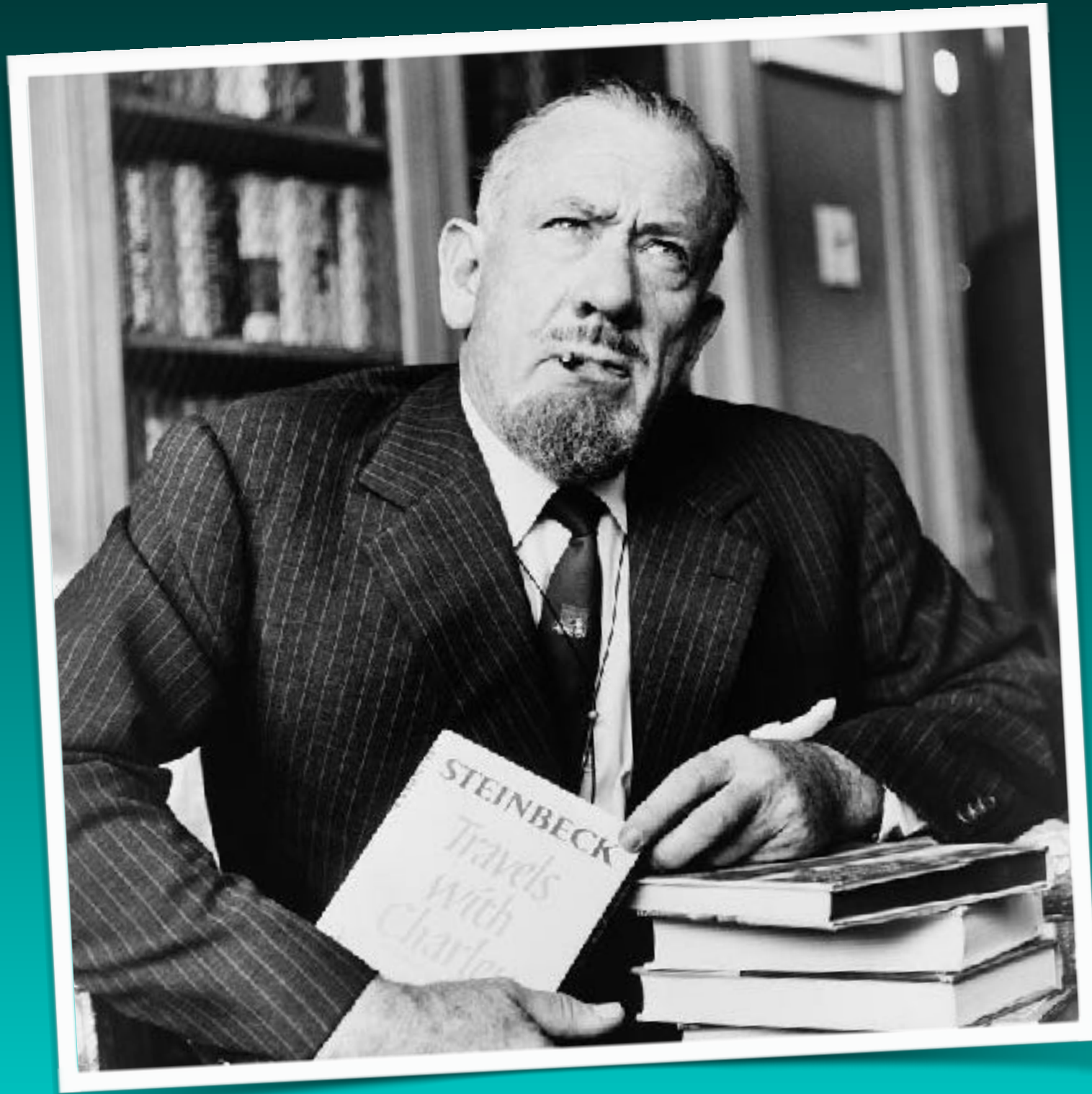
You think, ‘Why would anyone want to see me again in a movie?’ And I **don’t know how to act** anyway, so why am I doing this?

”

— Meryl Streep —

389 nominations, **156** wins, **3 Oscars** as Best Actress

“



I always feel like something of an impostor. I don't know what I'm doing. [...] **I'm not a writer.** I've been fooling myself and other people

”

— John Steinbeck —

27 books, **Pulitzer Prize** for Fiction, **Nobel Prize** in Literature

“



I still doubt myself
every single day.
What people believe
is my self-confidence
is actually **my**
reaction to fear.

”

— Will Smith —

6 American Music awards, **4 Grammys**, **2 Oscar** nominations as Best Actor

IMPOSTOR PHENOMENON



**ILLUSTRATION OF A
FRUSTRATED DUDE**
COULD BE HERE*

*had we have better internet connection :)





“

The trouble with the world is
that the **stupid are cocksure**
and the **intelligent are full of**
doubt.

”

— Bertrand Russell —

1

EMBRACE

IMPOSTRISM

1

IMPOSTRISM

“

... is, for many people, a natural
symptom of
gaining expertise

”

— Pacific Standard Magazine —

1

EMBRACE IMPOSTRISM



2



MEASURE YOURSELF WITH **YOUR OWN YARDSTICK**

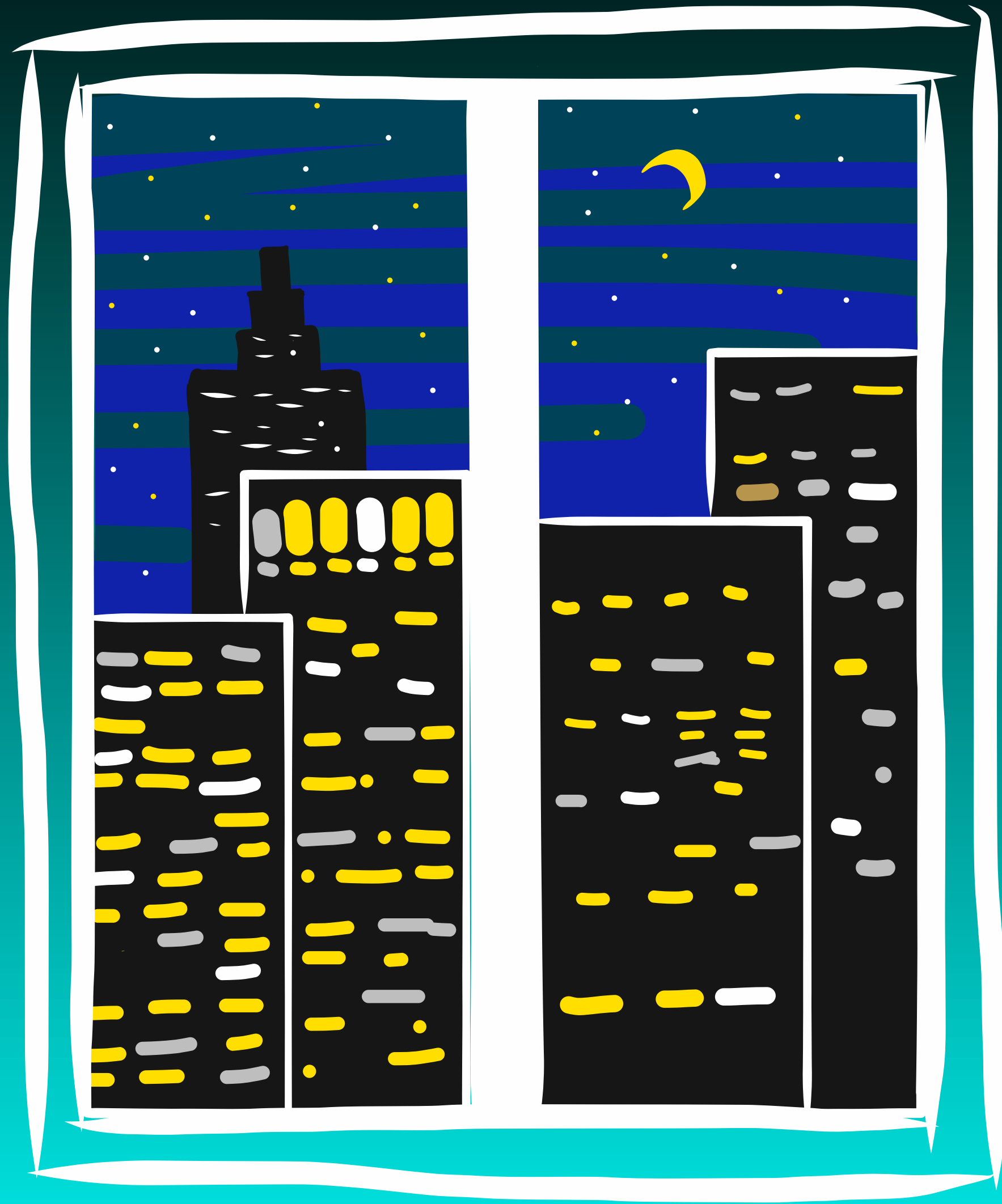
3

COMMUNICATE YOUR FEARS





<http://neil-gaiman.tumblr.com/post/160603396711/hi-i-read-that-youve-dealt-with-with-impostor>



LONG HOURS



LONG HOURS

TEMPORARY
HARD WORKING

PERMANENT
WORKAHOLIC

KAROSHI

過勞死

GUOLAO SI

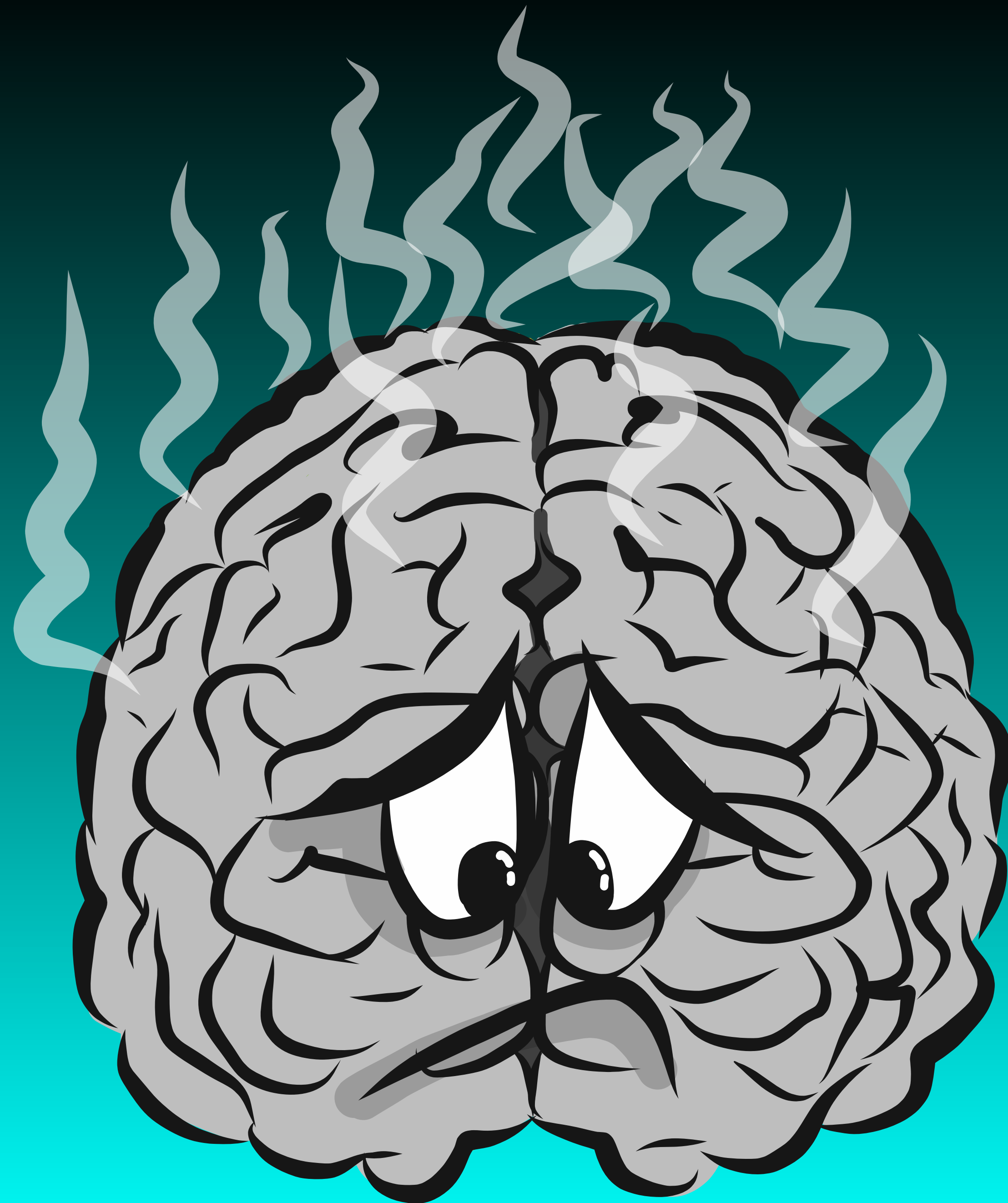
过劳死

GUOLAOSI

过劳死

1,600

EVERY DAY



#TIREDBRAIN

LONG HOURS

to achieve more

WORK

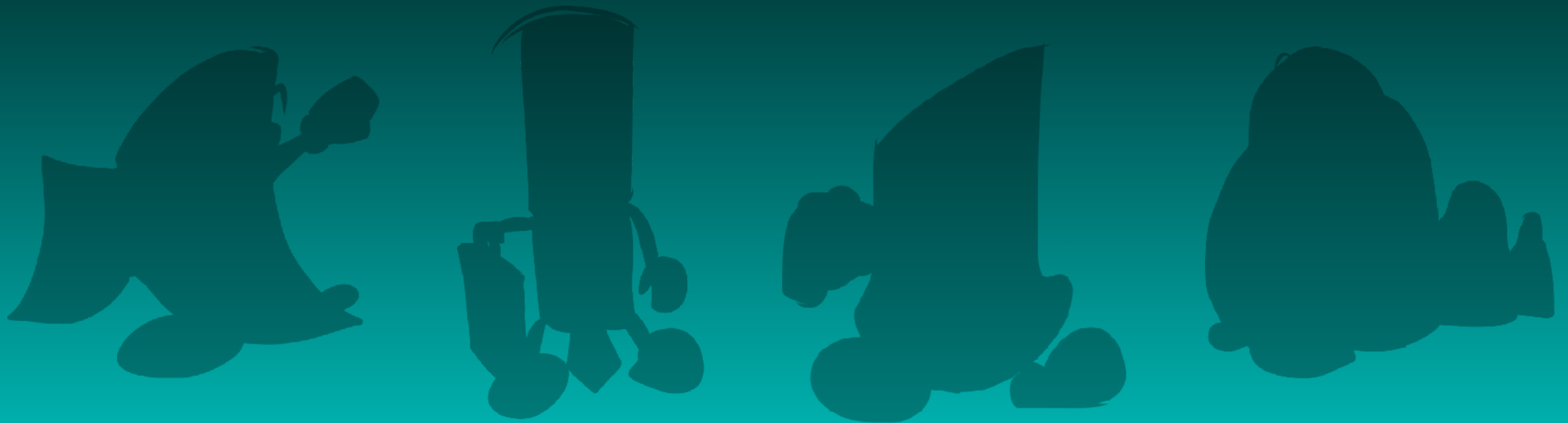
lack of

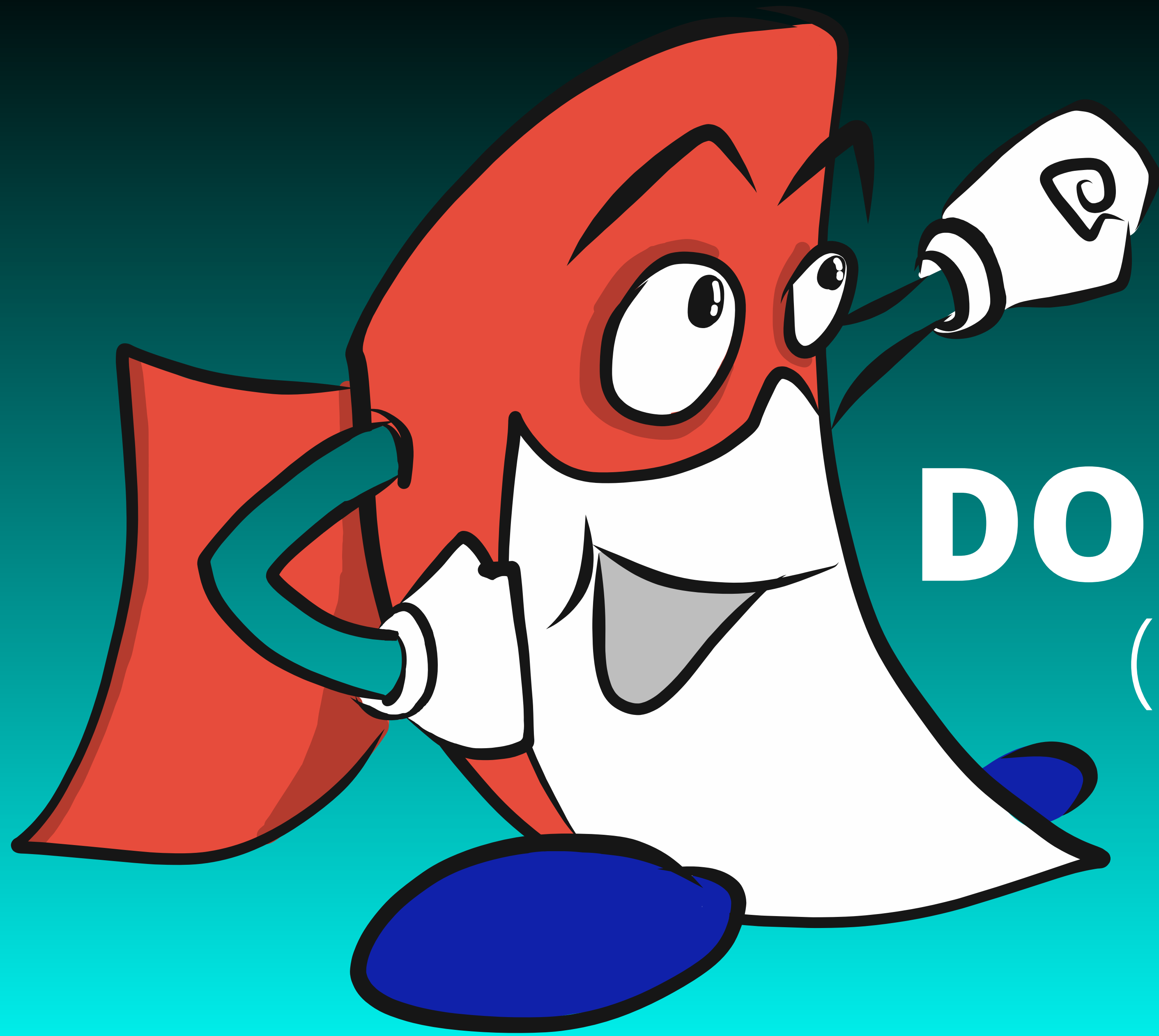
ACKOMPLISHMENT

ERRORS



THE HAPPY 4





DOPAMINE

(MOTIVATION)



SEROTONIN

(IMPORTANCE)



OXYTOCIN

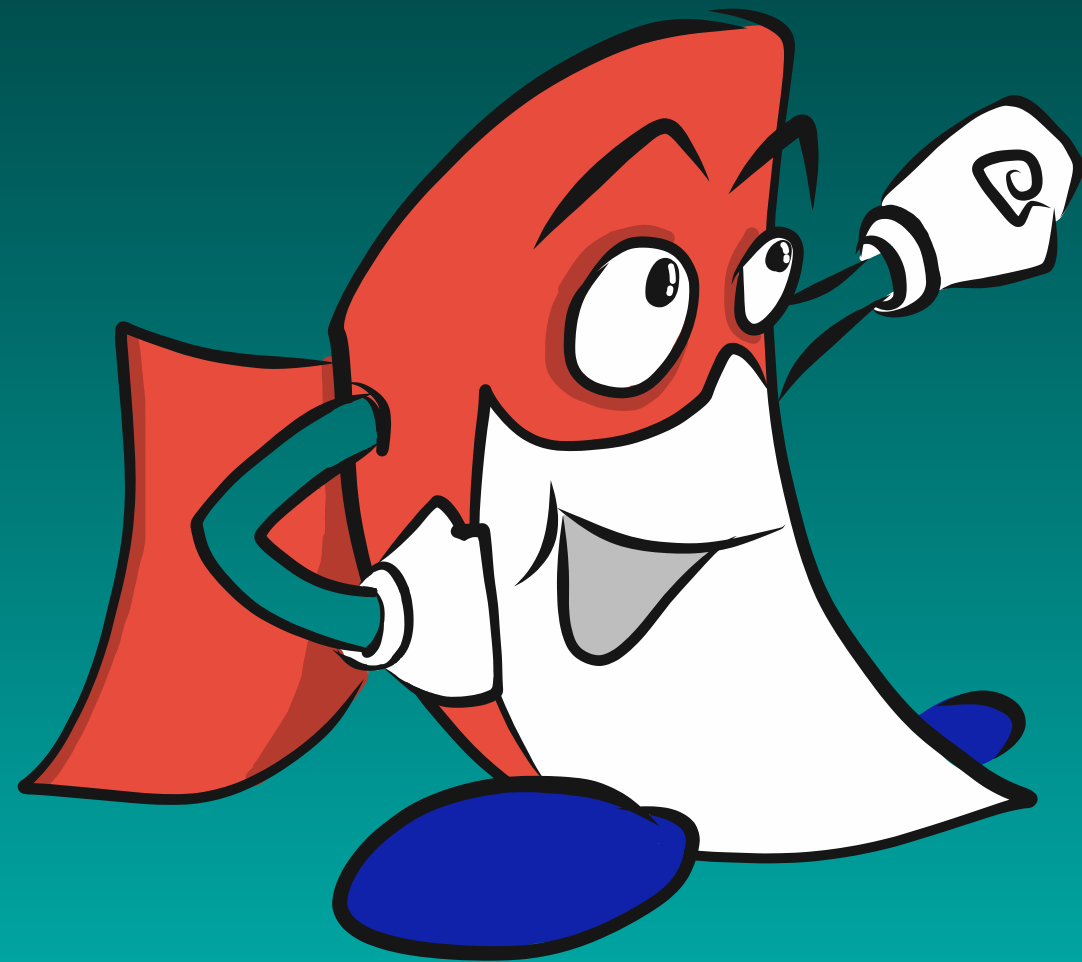
(REALTIONSHIP)



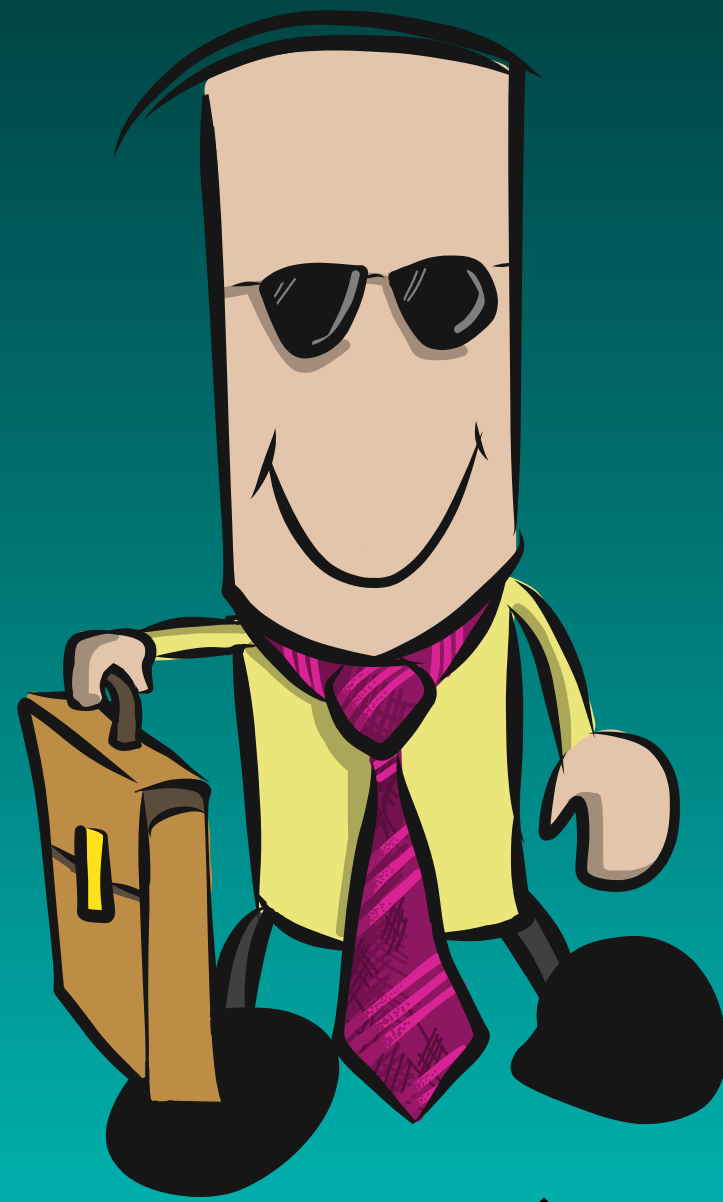
ENDORPHINS

(PAIN KILLER)

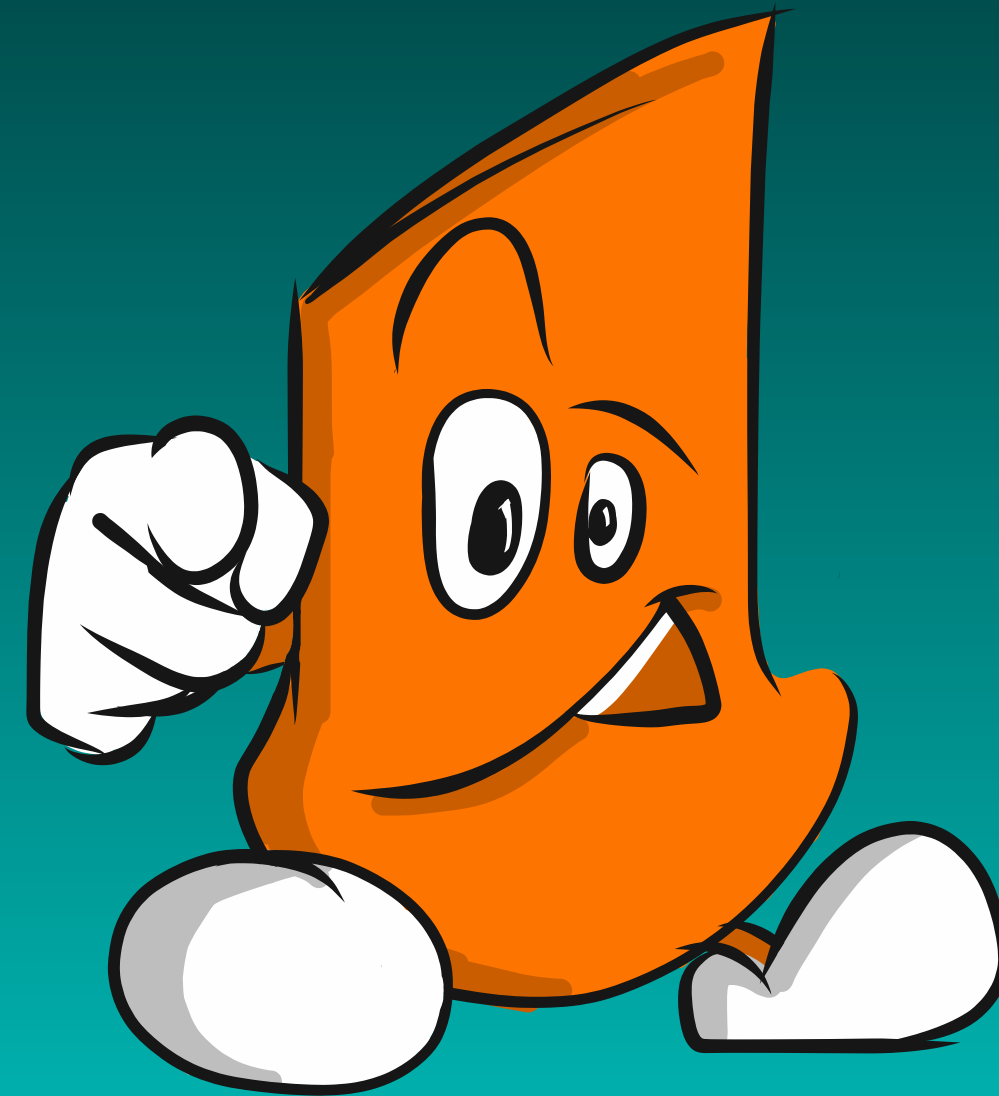
THE HAPPY 4



DOPAMINE



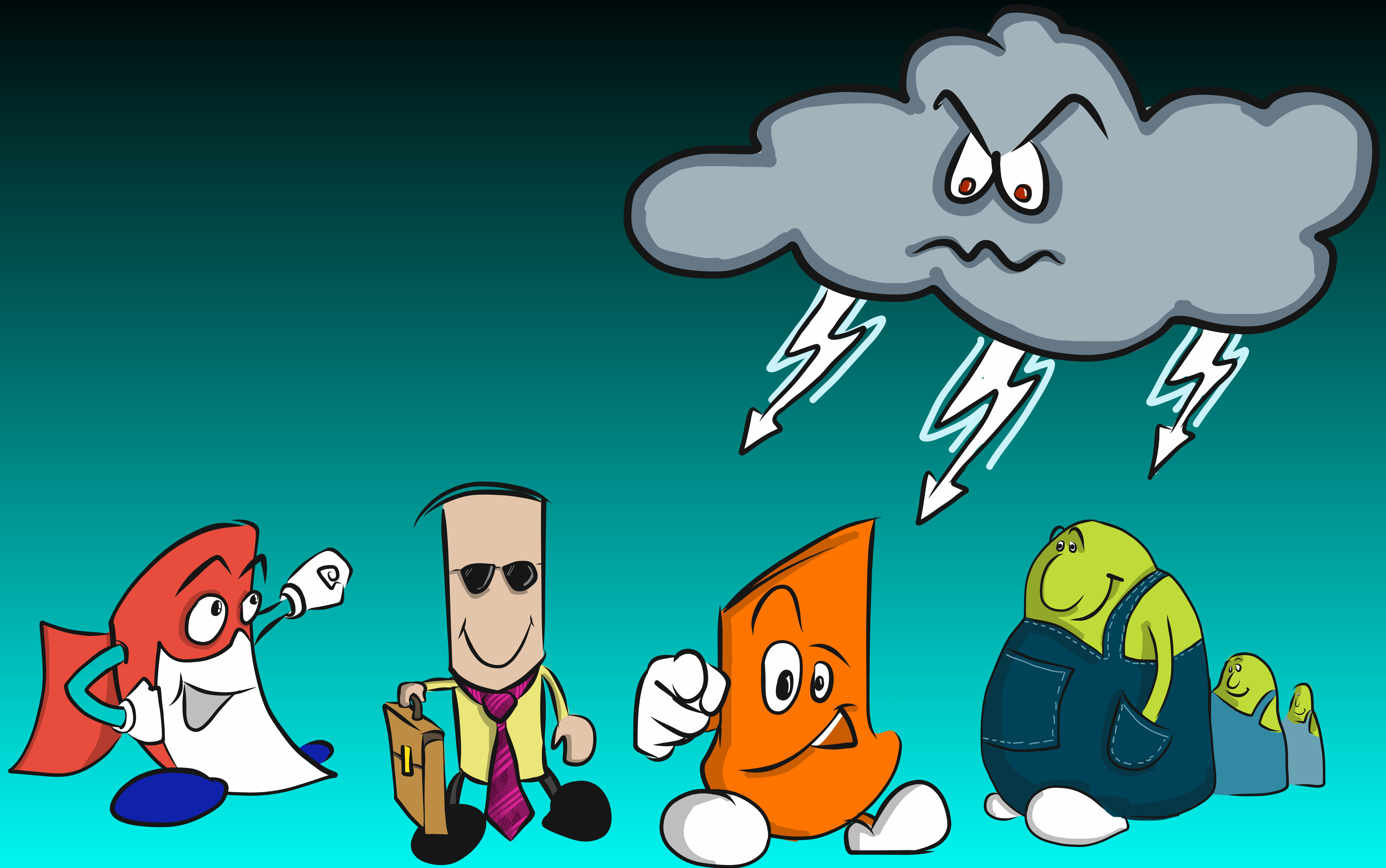
SEROTONIN

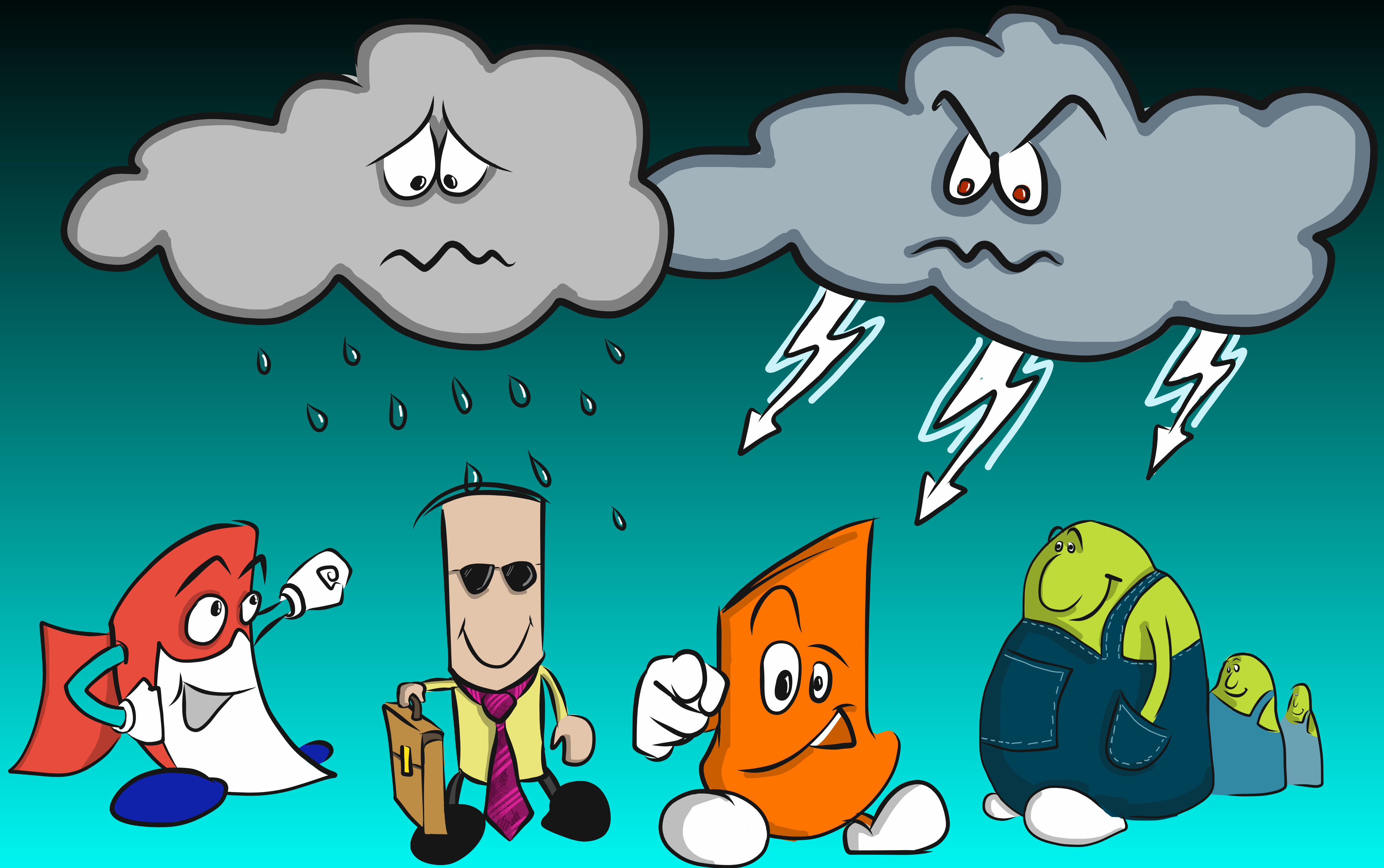


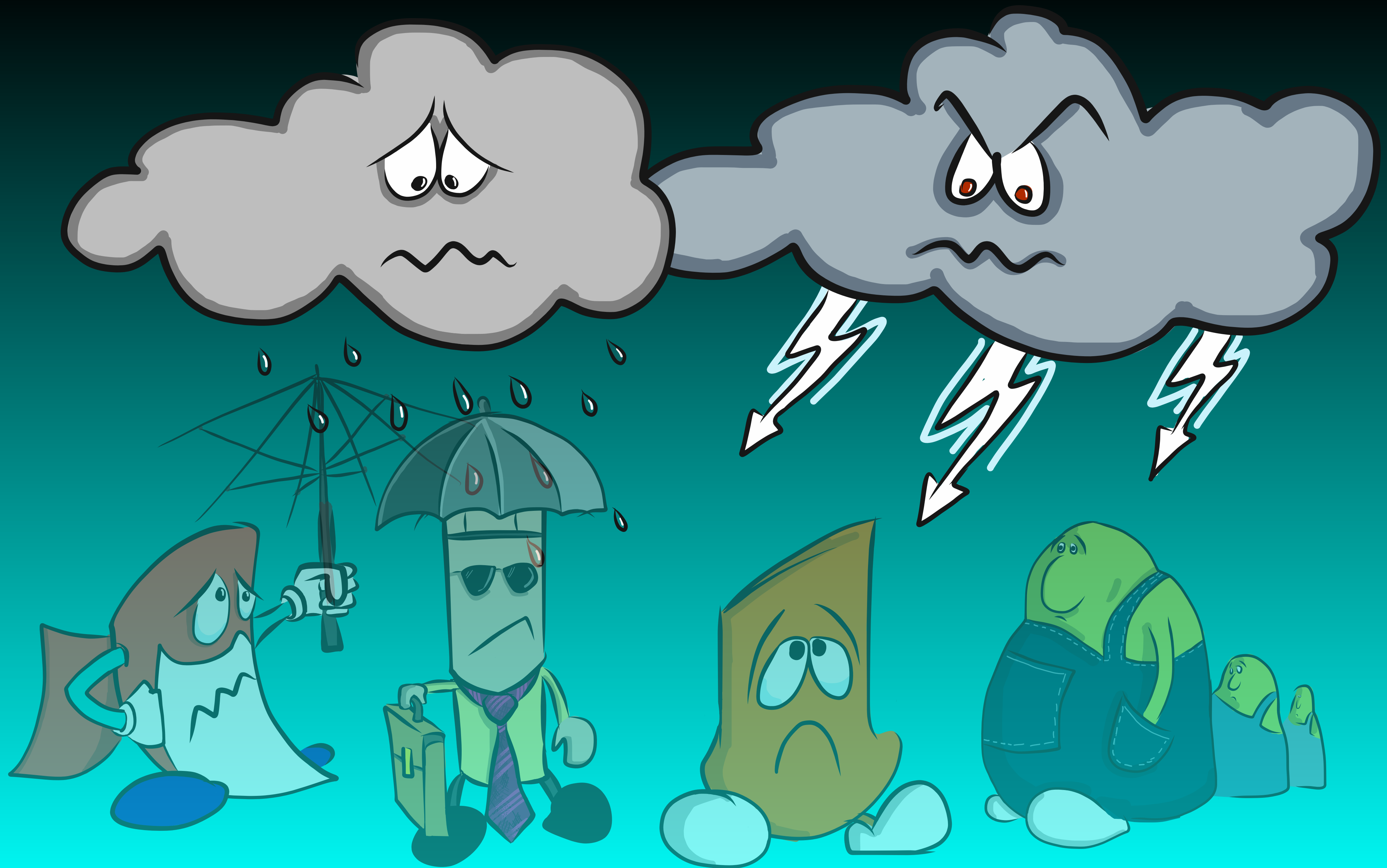
OXYTOCIN



ENDORPHINS







STRESS TO BRAIN

- **Amygdala** region is increased
- Thinning of **prefrontal cortex**
- Shrinking of **hippocampus**

— some geeky research —

STRESS TO BRAIN

- Premature **ageing** of our brain
- Significant **drop in learning** abilities
- Weakened **memory**

— some geeky research —

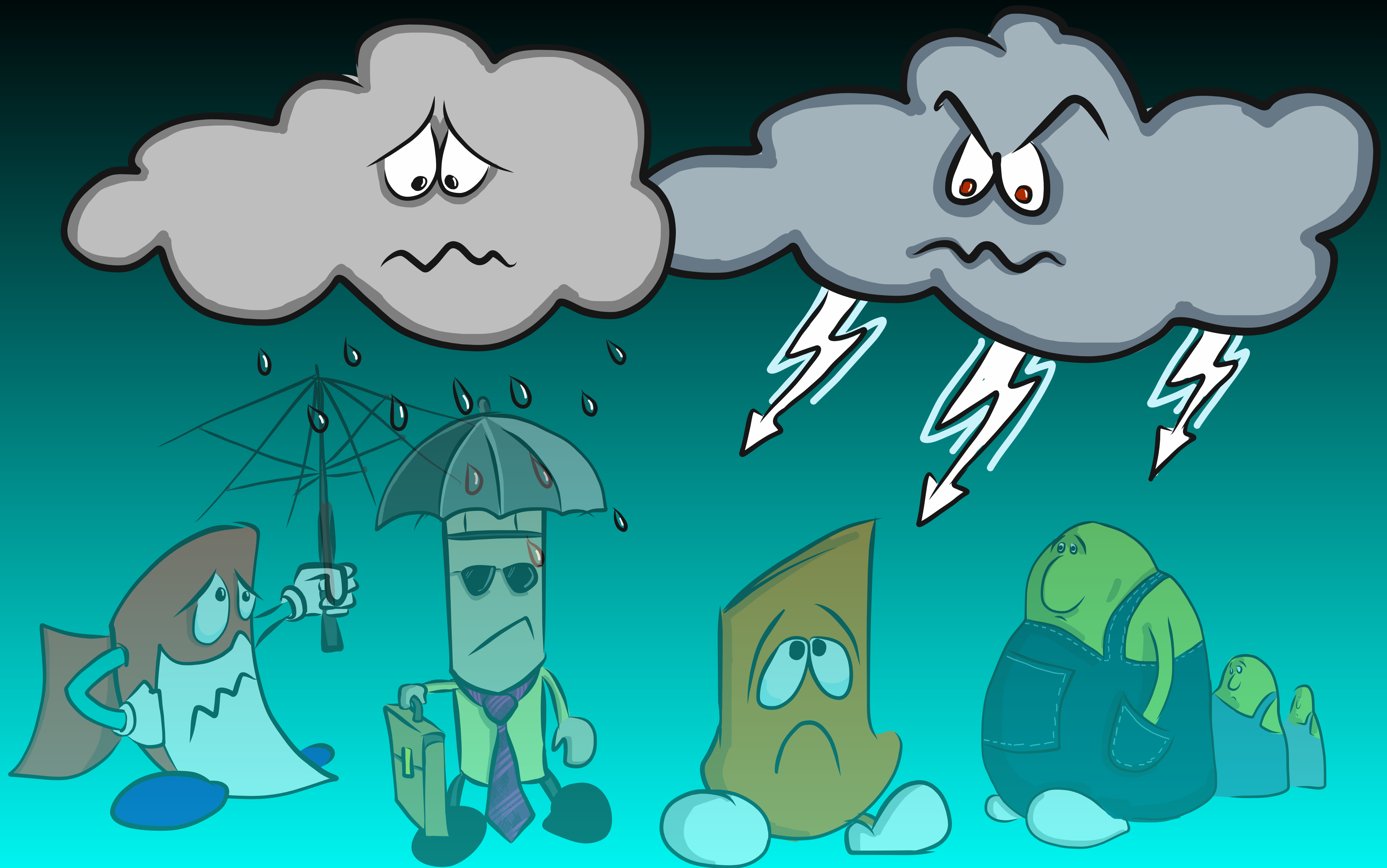
STRESS TO BRAIN

MENTAL

- Premature ageing of our brain
- Significant drop in learning abilities
- Weakened memory

DISABILITY

— according to reality —

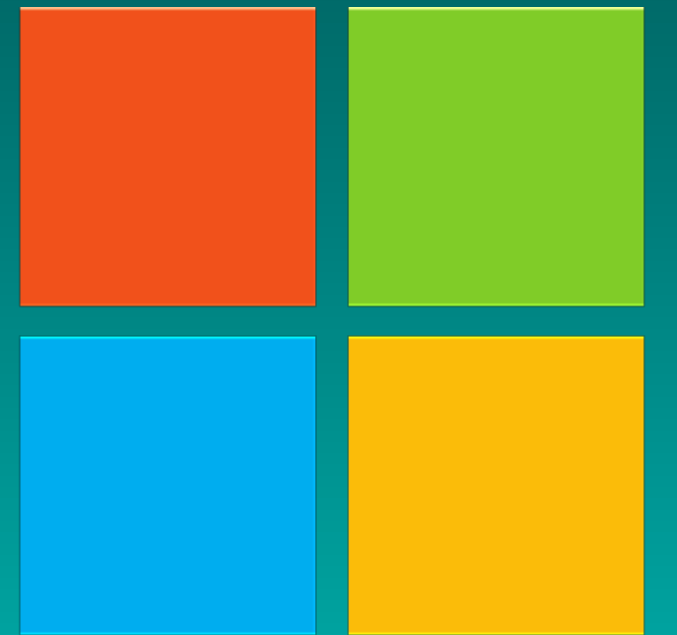
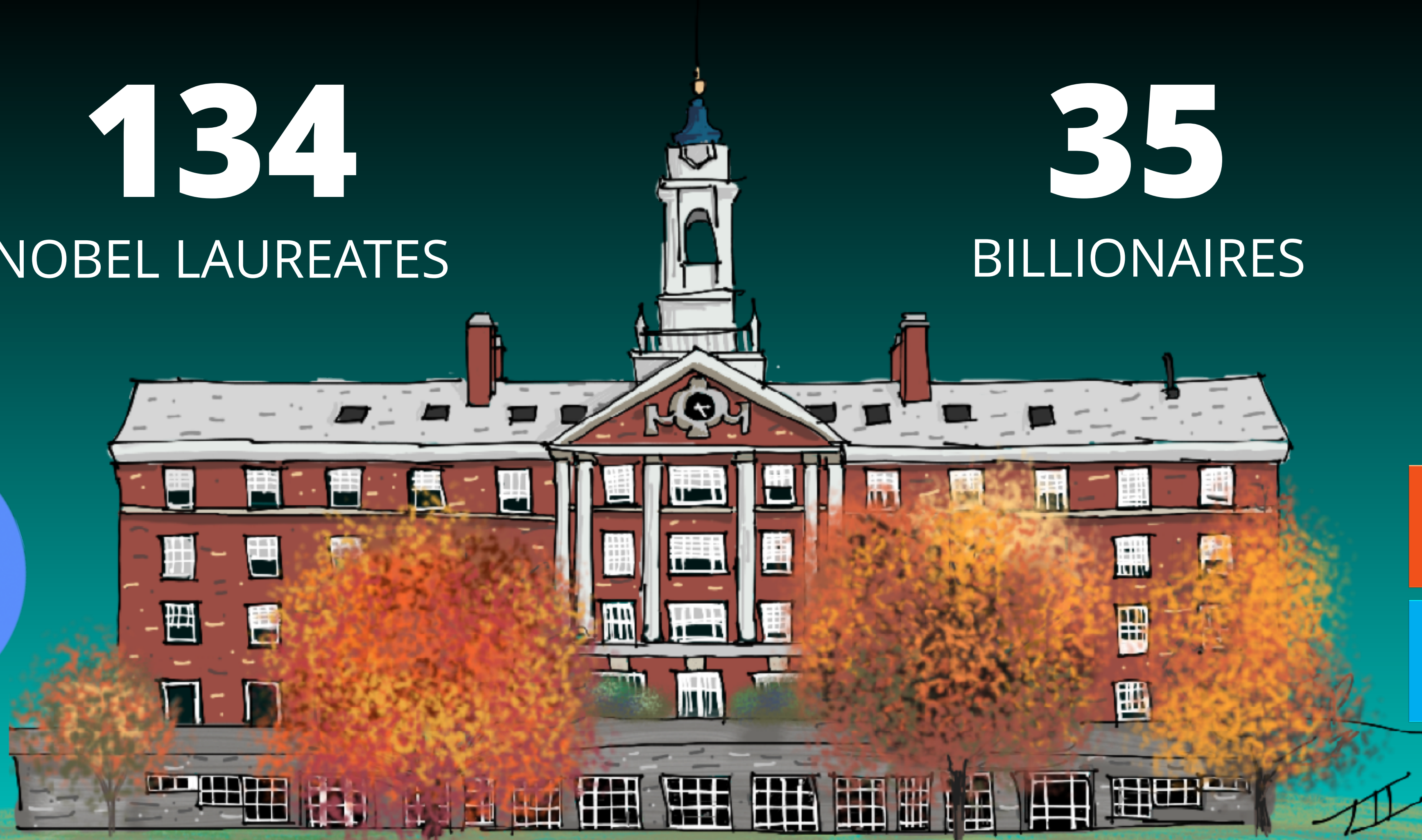


134

NOBEL LAUREATES

35

BILLIONAIRES



HARVARD
UNIVERSITY
EST. 1636



HARVARD
COLLEGE

Harry R. Lewis
Gordon McKay Professor
of Computer Science
Dean of Harvard College

University Hall, Harvard College
Cambridge, MA 02138
E-mail: lewis@harvard.edu
Phone: (617) 495-1555
FAX: (617) 496-8268

SLOW DOWN

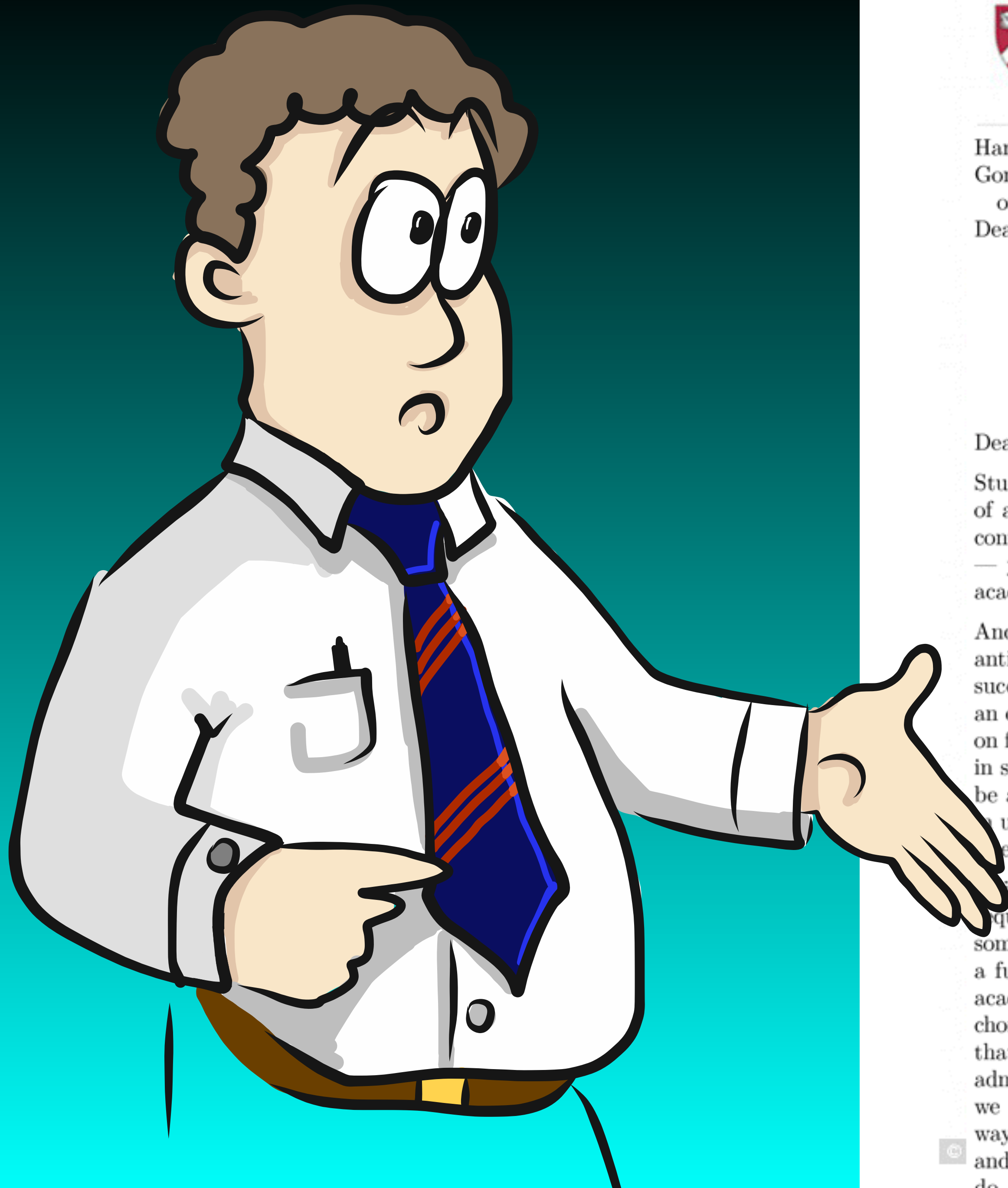
Getting More out of Harvard by Doing Less

Dear Harvard student,

Students arriving at Harvard have gained admission by participating and excelling in a variety of academic and nonacademic activities in their secondary schools. We hope that you will continue to cultivate many of the qualities that distinguished you in your precollege years — your pursuit of excellence, your strength of character, and your ability to balance your academic drive with participation and success in extracurricular activities.

And yet college is different from high school in important ways, and some habits acquired in anticipation of applying to college may not serve you as well while you are here. You may succeed more fully at the things that will be most important to you if you enter Harvard with an open mind about the possibilities available to you, but gradually spend more of your time on fewer things you discover you truly love. You may balance your life better if you participate in some activities purely for fun, rather than to achieve a leadership role that you hope might be a distinctive credential for postgraduate employment. The human relationships you form in unstructured time with your roommates and friends may have a stronger influence on your later life than the content of some of the courses you are taking.

This letter offers some suggestions about how to get the most out of Harvard. Each suggestion requires making choices, which may be hard choices, between doing more things and leaving some possibilities aside. In a larger sense, these suggestions are meant to start you towards a fulfilling life after college, perhaps many years after you leave here. In high school one's academic choices are limited, and most Harvard students have taken the most demanding choice available where there was any choice at all. Many high schools have counseled students that a longer list of activities, with as many leadership roles as possible, would impress college admissions committees more than a shorter list with fewer titles. Yet in later life most of what we do outside our jobs we do because we want to do it, not because we are in any tangible way rewarded for doing it. College is a transition period; we will certainly give you grades and transcripts attesting to some of the things you have done here, but much of what you do, including many of the most important and rewarding and formative things you do, will be



HARVARD
COLLEGE

Harry R. Lewis
Gordon McKay Professor
of Computer Science
Dean of Harvard College

University Hall, Harvard College
Cambridge, MA 02138
E-mail: lewis@harvard.edu
Phone: (617) 495-1555
FAX: (617) 496-8268

SLOW DOWN

Getting More out of Harvard by Doing Less

Dear Harvard student,

Students arriving at Harvard have gained admission by participating and excelling in a variety of academic and nonacademic activities in their secondary schools. We hope that you will continue to cultivate many of the qualities that distinguished you in your precollege years — your pursuit of excellence, your strength of character, and your ability to balance your academic drive with participation and success in extracurricular activities.

And yet college is different from high school in important ways, and some habits acquired in anticipation of applying to college may not serve you as well while you are here. You may succeed more fully at the things that will be most important to you if you enter Harvard with an open mind about the possibilities available to you, but gradually spend more of your time on fewer things you discover you truly love. You may balance your life better if you participate in some activities purely for fun, rather than to achieve a leadership role that you hope might be a distinctive credential for postgraduate employment. The human relationships you form in unstructured time with your roommates and friends may have a stronger influence on your later life than the content of some of the courses you are taking.

This letter offers some suggestions about how to get the most out of Harvard. Each suggestion requires making choices, which may be hard choices, between doing more things and leaving some possibilities aside. In a larger sense, these suggestions are meant to start you towards a fulfilling life after college, perhaps many years after you leave here. In high school one's academic choices are limited, and most Harvard students have taken the most demanding choice available where there was any choice at all. Many high schools have counseled students that a longer list of activities, with as many leadership roles as possible, would impress college admissions committees more than a shorter list with fewer titles. Yet in later life most of what we do outside our jobs we do because we want to do it, not because we are in any tangible way rewarded for doing it. College is a transition period; we will certainly give you grades and transcripts attesting to some of the things you have done here, but much of what you do, including many of the most important and rewarding and formative things you do, will be



96%
RETURNS

SLOW LEARNING

“

College can help you learn **how**
to think, more than **what** to
think.

”

— Drew Faust —

The President of Harvard University

```
    return path.slice(0, dotIndex);
  },
  isDeep: function (path) {
    return path.indexOf('.') !== -1;
  },
  isAncestor: function (base, path) {
    return base.indexOf(path + '.') === 0;
  },
  isDescendant: function (base, path) {
    return path.indexOf(base + '.') === 0;
  },
  translate: function (base, newBase, path) {
    return newBase + path.slice(base.length);
  },
  matches: function (base, wildcard, path) {
    return base === path || this.isAncestor(base, path) || Boolean(wildcard) && this.isDescendant(base, path);
  }
}; Life.Base._addFeature({
  preAnnotations: function () {
```

⌵ ⌵ | Elements Network Performance Console ✖ 3 | ⋮ ✕

✖ ▶	Perfectionism: embrace imperfection	<u>life.html:1300</u>
✖ ▶	Impostor phenomenon: embrace impostrism	<u>life.html:1315</u>
✖ ▶	Long hours: slow down	<u>life.html:1316</u>

>



THANK YOU

YES, THE ILLUSTRATIONS ARE MINE :)

DENYS MISHUNOV • DIGITAL GARDEN

TWITTER: @MISHUNOV

Elements Network Performance Console

✖ 3

⋮

✕

✖ ▶

Perfectionism: embrace imperfection

[life.html:1300](#)

✖ ▶

Impostor phenomenon: embrace impostrism

[life.html:1315](#)

✖ ▶

Long hours: slow down

[life.html:1316](#)

>