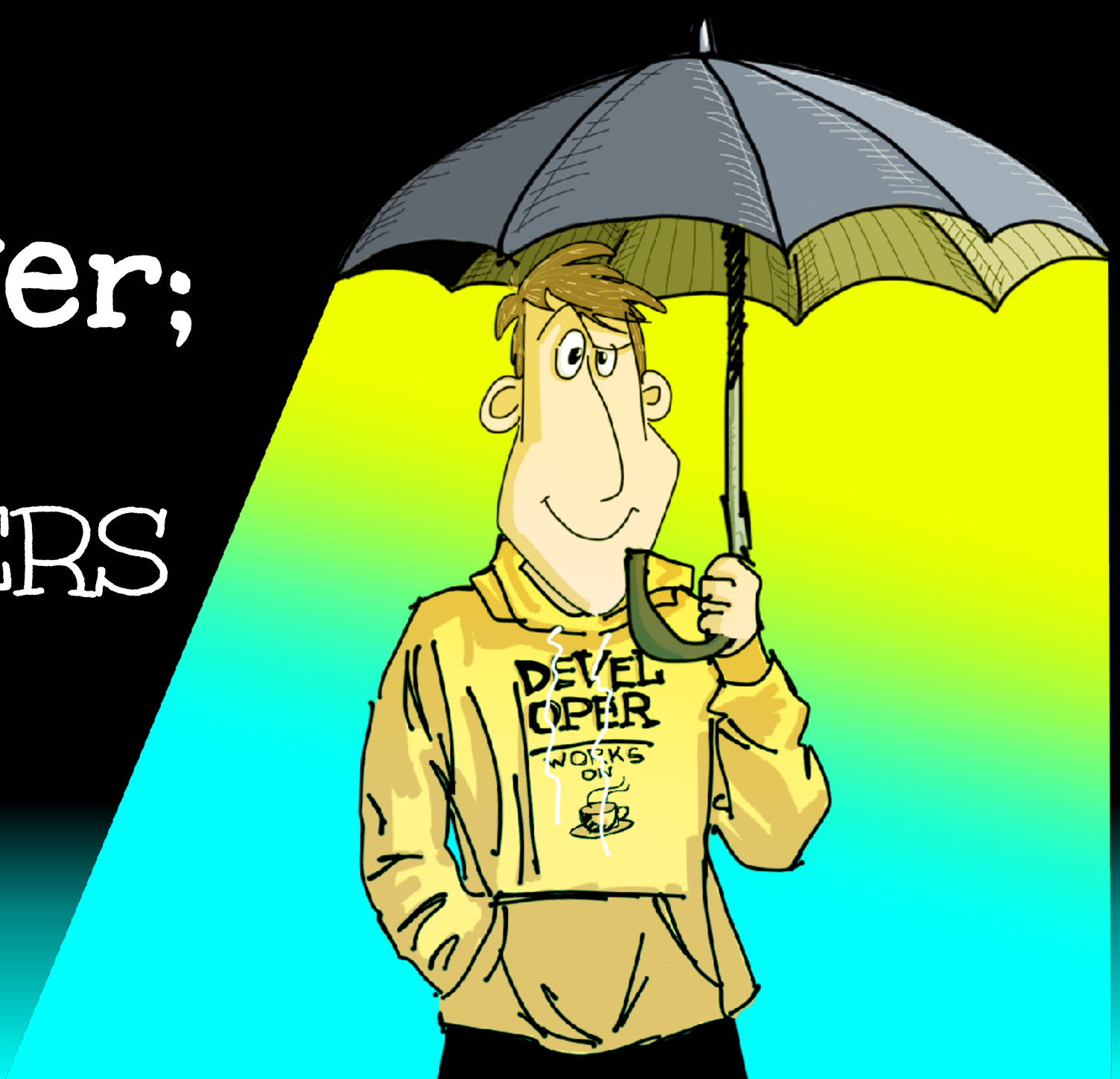
debugger;
FOR DEVELOPERS



DENYS MISHUNOV
@mishunov

SUCCESS
THERE
THERE
THERE

```
Life.start();
Life.nar = [];
Life.Annotations = {
  parseAnnotations: function (template) {
    var list = [];
    var content = template._content || template.content;
    this._parseNodeAnnotations(content, list, template.hasAttribute('strip
    return list;
  },
  _parseNodeAnnotations: function (node, list, stripWhiteSpace) {
    return node.nodeType === Node.TEXT_NODE ? this._parseTextNodeAnnotatio
this._parseElementAnnotations(node, list, stripWhiteSpace);
  },
  _bindingRegex: function () {
    var IDENT = '(?:' + '[a-zA-Z_$][\\w.:$\\-*]*' + ')';
    var NUMBER = '(?:' + '[-+]?[0-9]*\\.?[0-9]+(?:[eE][-+]?[0-9]+)?' + ')';
    var SQUOTE_STRING = '(?:' + '\'(?:[^\'\\\\]|\\\\.)*\'' + ')';
    var DQUOTE_STRING = '(?:' + '"(?:[^"\\\\]|\\\\.)*"' + ')';
    var STRING = '(?:' + SQUOTE_STRING + '|' + DQUOTE_STRING + ')';
    var ARGUMENT = '(?:' + IDENT + '|' + NUMBER + '|' + STRING + '\\s*' + ')';
    var ARGUMENTS = '(?:' + ARGUMENT + '(?:,\\s*' + ARGUMENT + ')*' + ')';
    var ARGUMENT_LIST = '(?:' + '\\(\\s*' + '(?:' + ARGUMENTS + '?' + ')' + '\\)\\s*' + '
    var BINDING = '(' + IDENT + '\\s*' + ARGUMENT_LIST + '?' + ')';
    var OPEN_BRACKET = '(\\[\\[|{{)' + '\\s*';
    var CLOSE_BRACKET = '(?:]]|}})';
    var NEGATE = '(?:(!)\\s*)?';
    var EXPRESSION = OPEN_BRACKET + NEGATE + BINDING + CLOSE_BRACKET;
    return new RegExp(EXPRESSION, 'g');
  }(),
  _parseBindings: function (text) {
```

Elements Network Performance Console

```
  },
  _bindingRegex: function () {
    var IDENT = '(?:' + '[a-zA-Z_$][\\w.:$\\-*]*' + ')';
    var NUMBER = '(?:' + '[-+]?[0-9]*\\.?[0-9]+(?:[eE][-+]?[0-9]+)?' + ')';
    var SQUOTE_STRING = '(?:' + '\'(?:[^\'\\\\]|\\\\.)*\'' + ')';
    var DQUOTE_STRING = '(?:' + '"(?:[^"\\\\]|\\\\.)*"' + ')';
    var STRING = '(?:' + SQUOTE_STRING + '|' + DQUOTE_STRING + ')';
    var ARGUMENT = '(?:' + IDENT + '|' + NUMBER + '|' + STRING + '\\s*' +
    var ARGUMENTS = '(?:' + ARGUMENT + '(?:,\\s*' + ARGUMENT + ')*' + ')';
    var ARGUMENT_LIST = '(?:' + '\\(\\s*' + '(?:' + ARGUMENTS + '?' + ')'
    var BINDING = '(' + IDENT + '\\s*' + ARGUMENT_LIST + '?' + ')';
    var OPEN_BRACKET = '(\\[\\[|{{)' + '\\s*';
    var CLOSE_BRACKET = '(?:]]|}})';
    var NEGATE = '(?:(!)\\s*)?';
    var EXPRESSION = OPEN_BRACKET + NEGATE + BINDING + CLOSE_BRACKET;
    return new RegExp(EXPRESSION, 'g');
  }(),
  _parseBindings: function (text) {
    var re = this._bindingRegex;
    var parts = [];
    var lastIndex = 0;
    var m;
    while ((m = re.exec(text)) !== null) {
      if (m.index > lastIndex) {
        parts.push({ literal: text.slice(lastIndex, m.index) });
      }
      var mode = m[1][0];
      var negate = Boolean(m[2]);
      var value = m[3].trim();
      var customEvent, notifyEvent, colon;
```

Elements Network Performance Console 3

```
  },
  _bindingRegex: function () {
    var IDENT = '(?:' + '[a-zA-Z_$][\\w.:$\\-*]*' + ')';
    var NUMBER = '(?:' + '[-+]?[0-9]*\\.?[0-9]+(?:[eE][-+]?[0-9]+)?' + ')';
    var SQUOTE_STRING = '(?:' + '\'(?:[^\'\\\\]|\\\\.)*\'' + ')';
    var DQUOTE_STRING = '(?:' + '"(?:[^"\\\\]|\\\\.)*"' + ')';
    var STRING = '(?:' + SQUOTE_STRING + '|' + DQUOTE_STRING + ')';
    var ARGUMENT = '(?:' + IDENT + '|' + NUMBER + '|' + STRING + '\\s*' +
    var ARGUMENTS = '(?:' + ARGUMENT + '(?:,\\s*' + ARGUMENT + ')*' + ')';
    var ARGUMENT_LIST = '(?:' + '\\(\\s*' + '(?:' + ARGUMENTS + '?' + ')'
    var BINDING = '(' + IDENT + '\\s*' + ARGUMENT_LIST + '?' + ')';
    var OPEN_BRACKET = '(\\[\\[|{{)' + '\\s*';
    var CLOSE_BRACKET = '(?:]]|}})';
    var NEGATE = '(?:(!)\\s*)?';
    var EXPRESSION = OPEN_BRACKET + NEGATE + BINDING + CLOSE_BRACKET;
    return new RegExp(EXPRESSION, 'g');
  }(),
  _parseBindings: function (text) {
```

Elements Network Performance Console

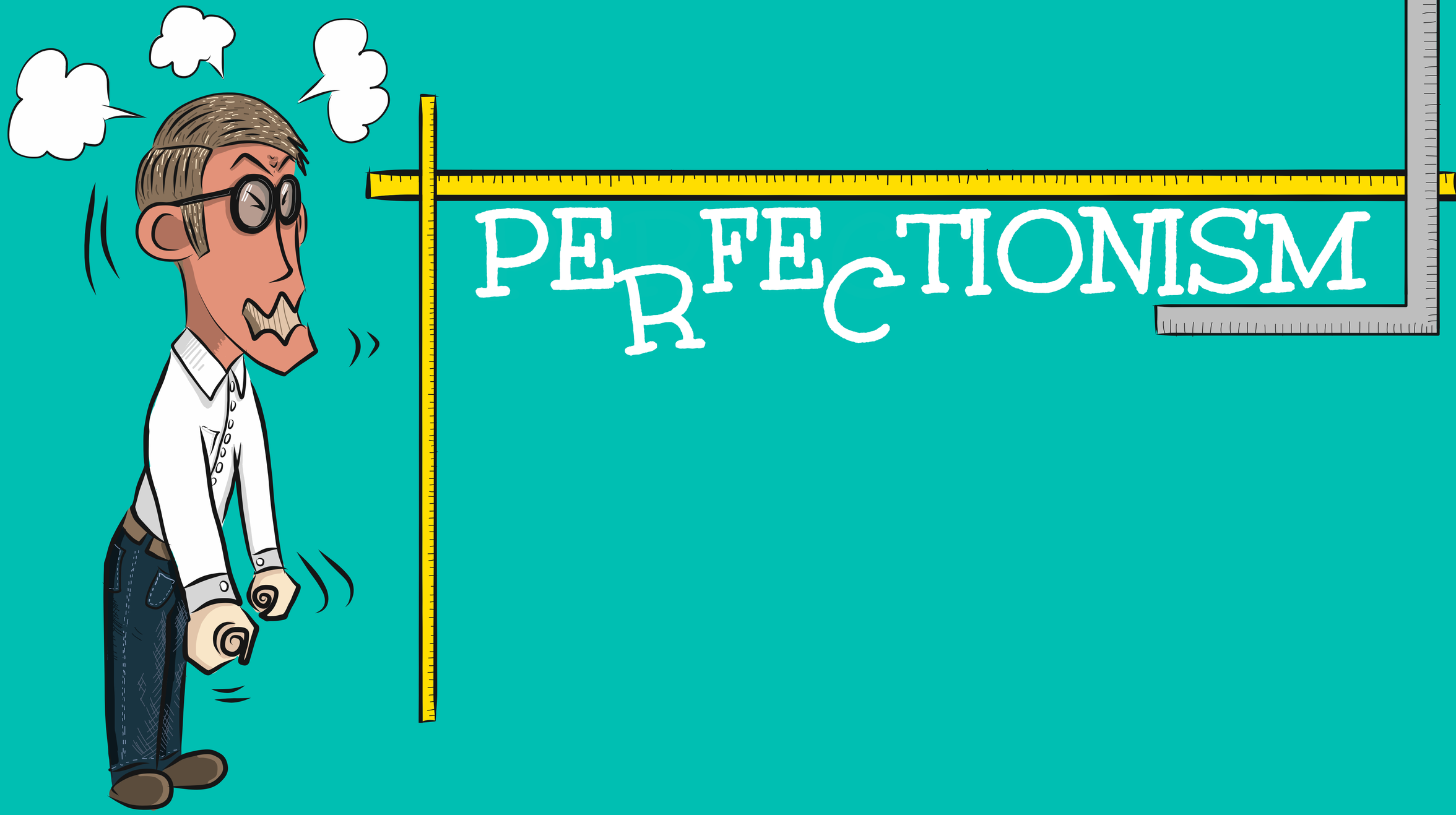
3

Perfectionism life.html:1300

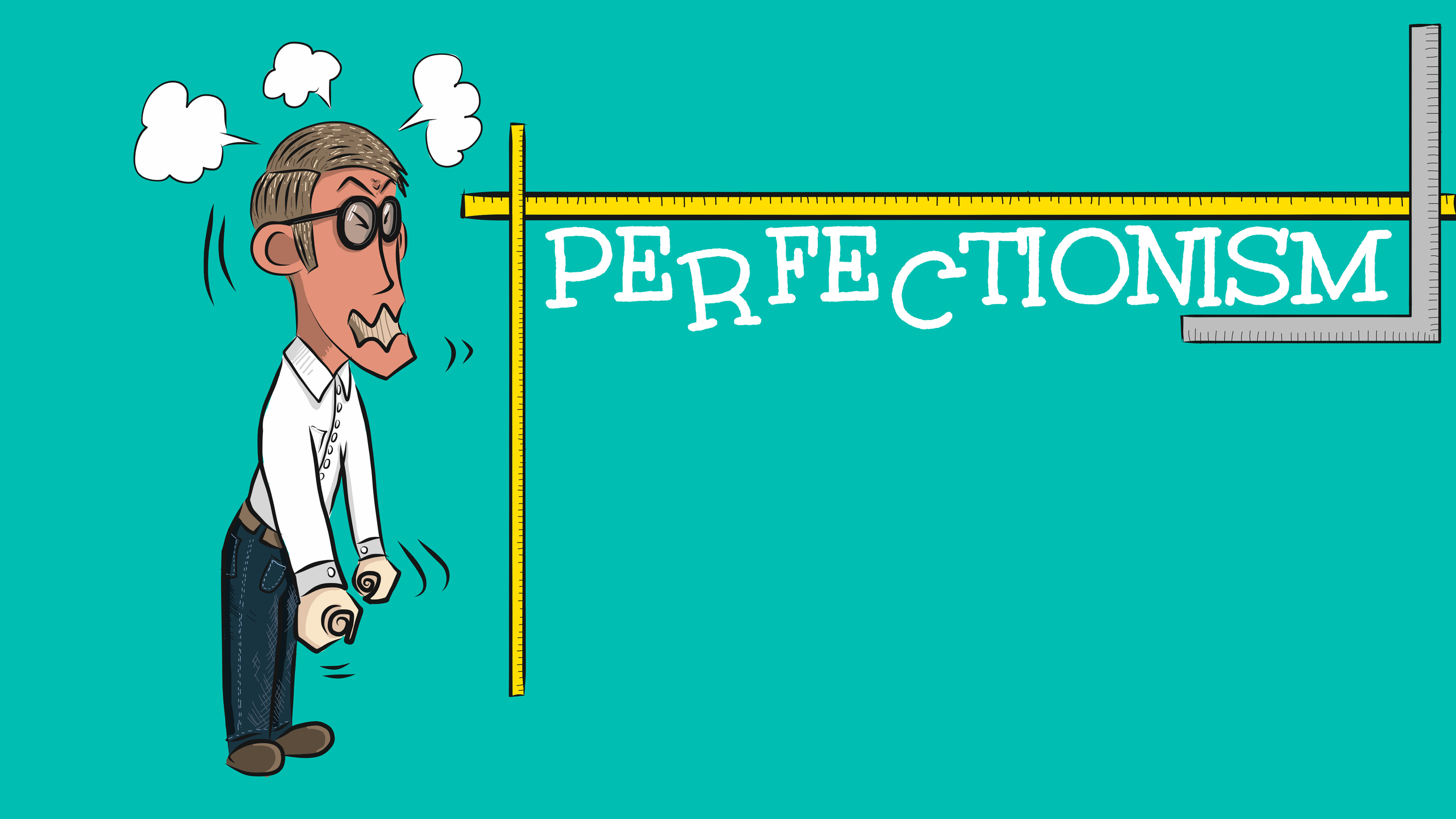
Impostor phenomenon life.html:1315

Long hours life.html:1316

>


PERFECTIONISM

LIGHTING RIGS
CENTRE
LEFT
RIGHT


PERFECTIONISM

PERFECTIONISM

PERFECTIONISM

POSITIVE (healthy)

NEGATIVE (unhealthy)

PERFECTIONISM

POSITIVE NEGATIVE

(healthy) (unhealthy)

PERFECTIONISM

NEGATIVE

(unhealthy)

PERFECTIONISM

PERFECTIONISM

PERFECTIONIST
PARALYSIS

PERFECTIONISM

PERFECTIONIST PARALYSIS

PICKING A
DETAIL

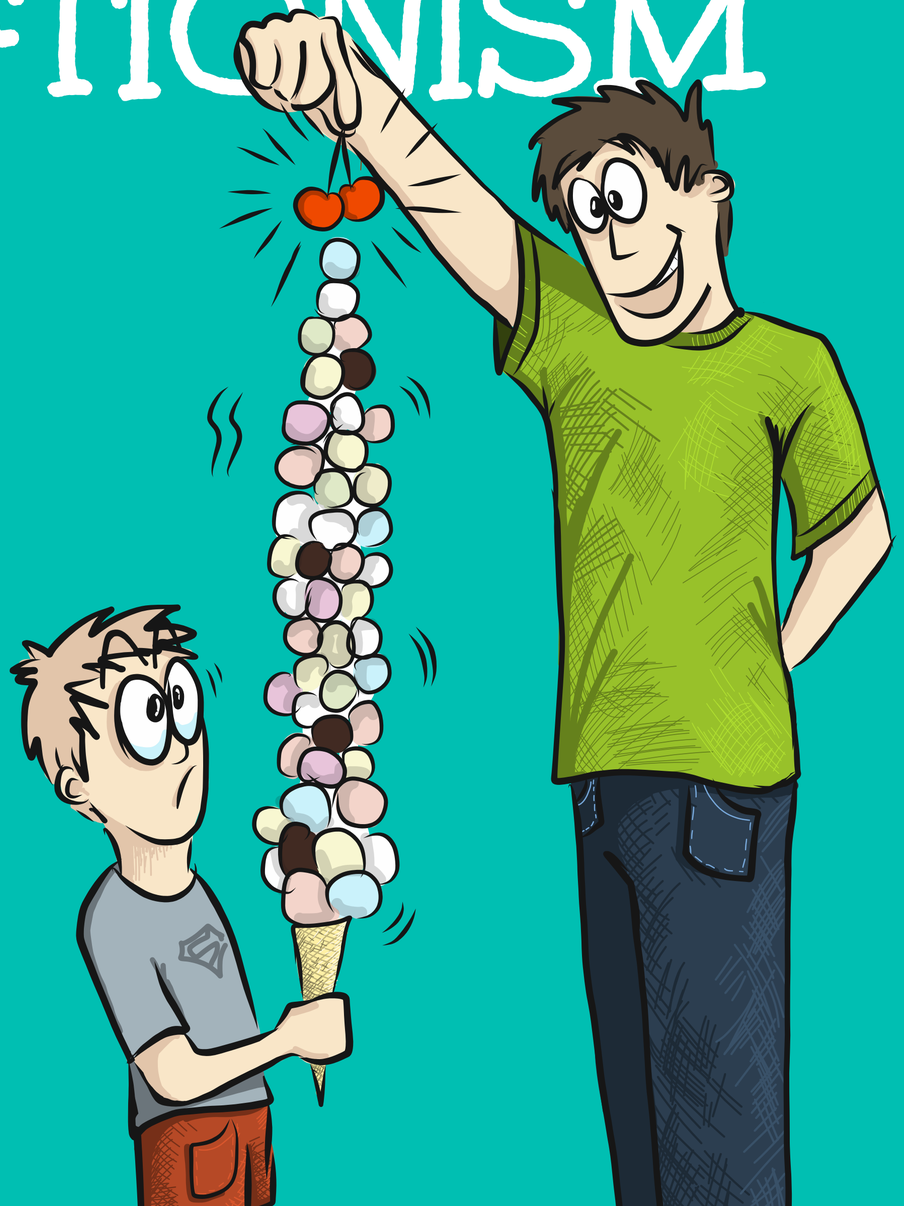
PERFECTIONISM

PERFECTIONIST PARALYSIS

PICKING A DETAIL

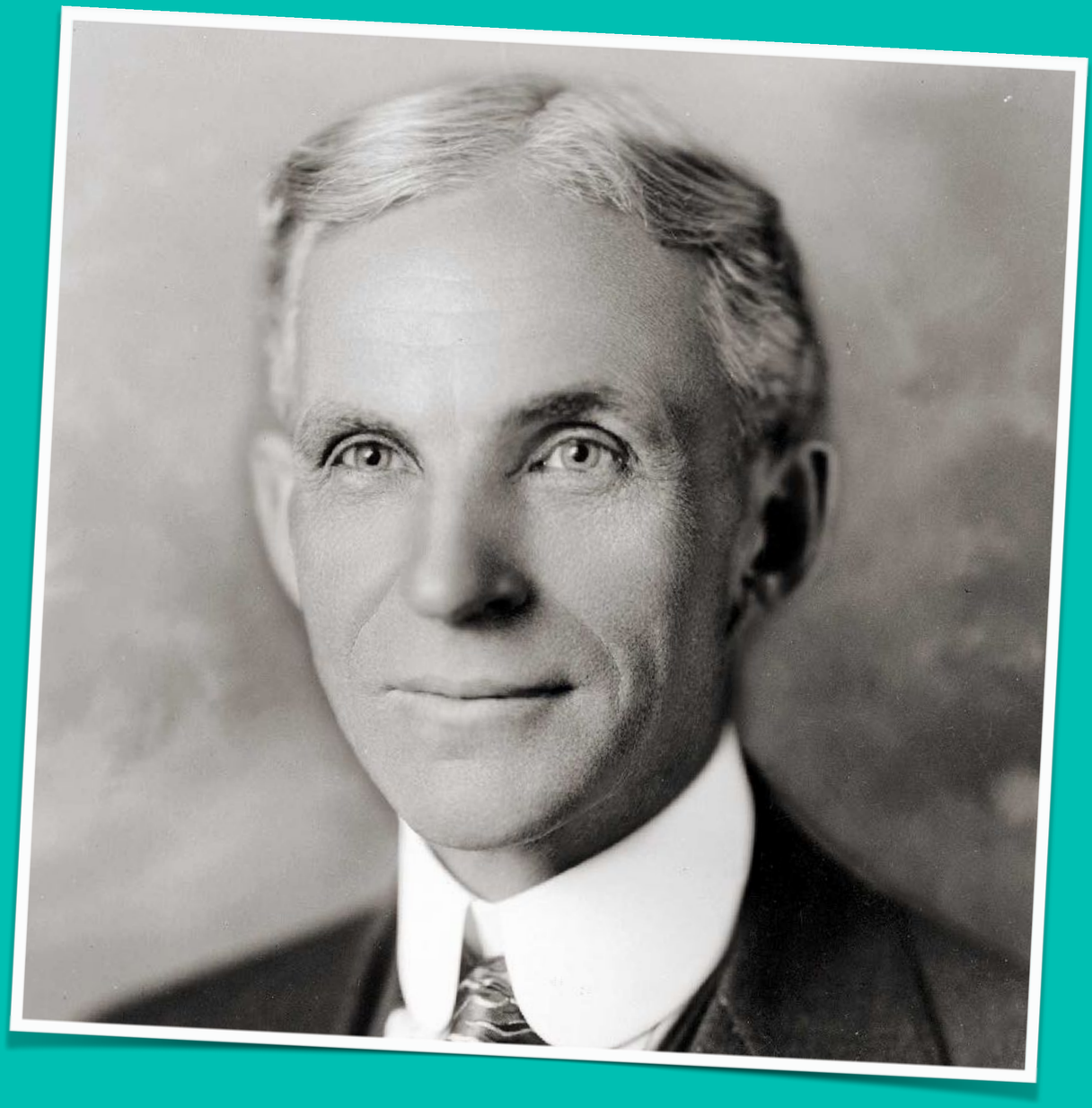
UNNECESSARY

TASK



NEGATIVE
PERFECTIONISM

POSITIVE
PERFECTIONISM



My product should be **perfect**...

I'M 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.

NEGATIVE

My product should be **perfect**...

I'M NOT GOING TO

release/develop a feature/ commit before I am sure it is perfect.

POSITIVE

My product should be **perfect**...

And this release/feature/ commit moves me

ONE STEP CLOSER

to this perfect result.

“

One of the
basic rules of the universe
is that **nothing is perfect**.

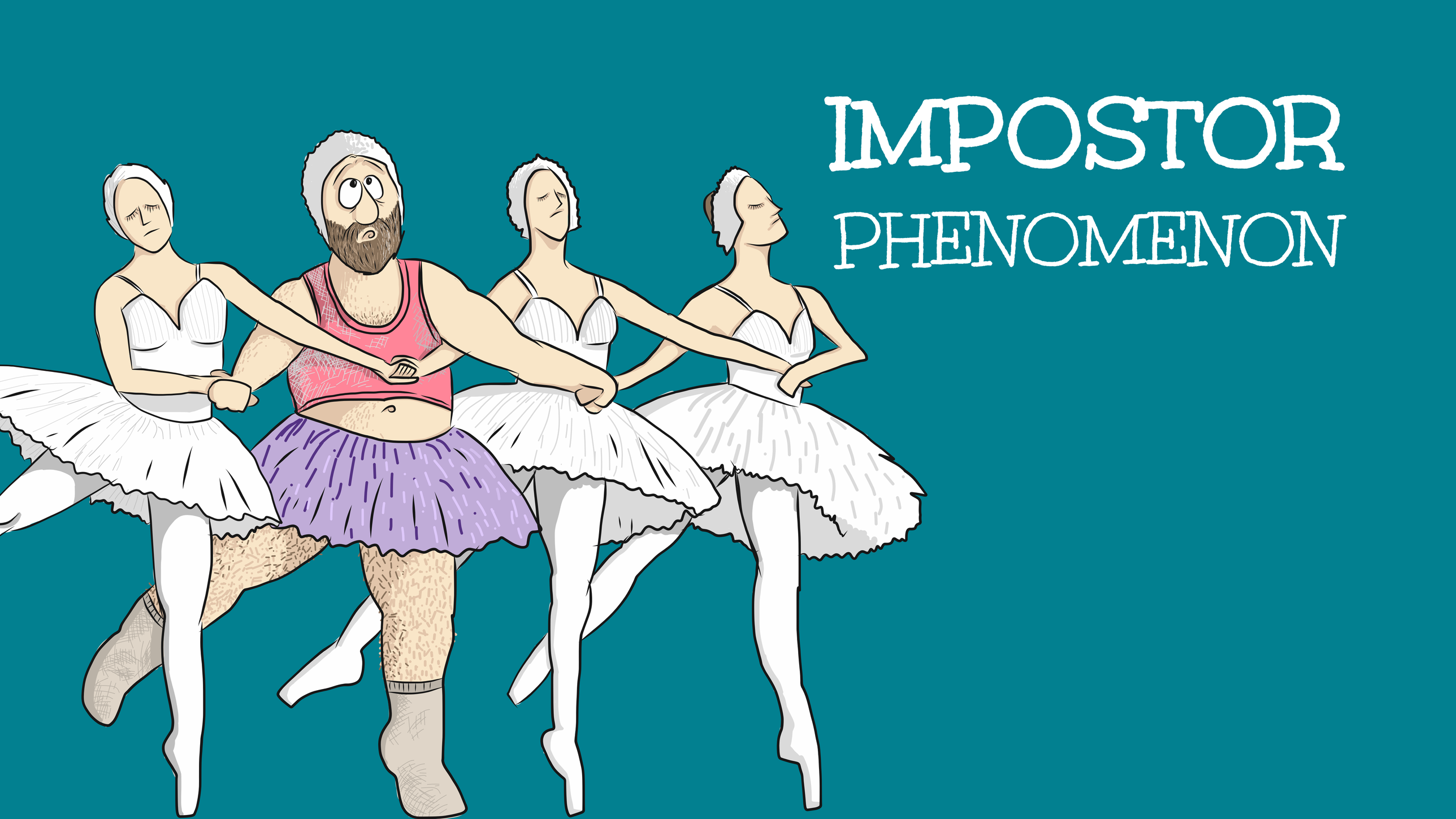
PERFECTION
simply doesn't exist

”

— Stephen Hawking —

PERFECTIONISM

IMPOSTOR PHENOMENON


IMPOSTOR
PHENOMENON

IMPOSTOR PHENOMENON

2/5

SUCCESSFUL PEOPLE

IMPOSTOR PHENOMENON

70%

GENERAL POPULATION

YOU
THINK
THAT

... your success is
DUE TO LUCK/TIMING/ETC.

... others might discover that
YOU ARE NOT AS SKILLED
as they think you are

... others are
MORE INTELLIGENT THAN YOU

“

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?

”

photo:https://goo.gl/w8bwyG

“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 —

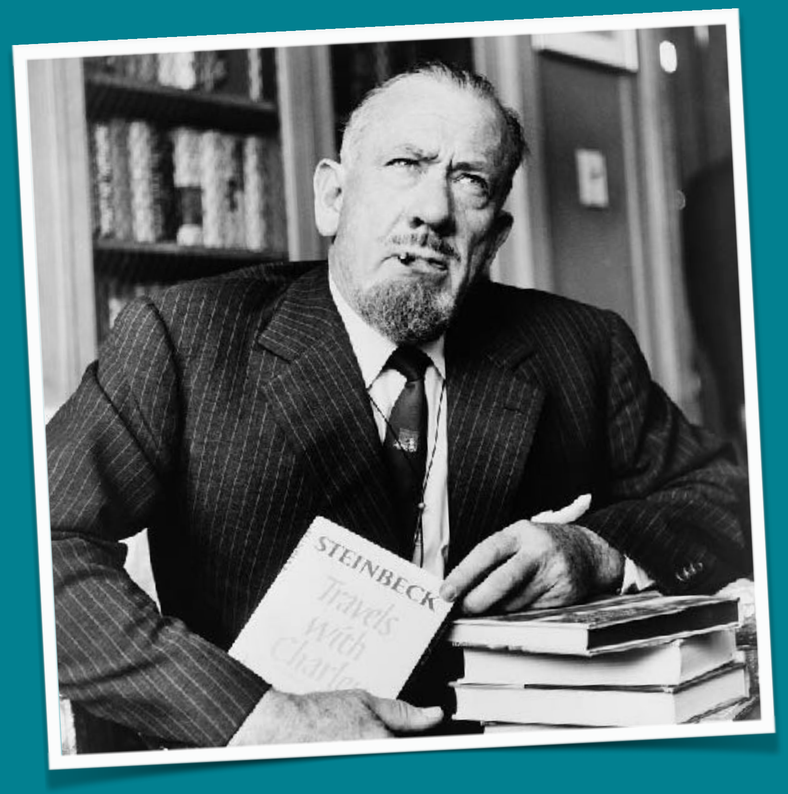
389 nominations, **156** wins, **3 Oscars** as Best Actress

“

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

”

photo:https://goo.gl/mGDxPJ



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

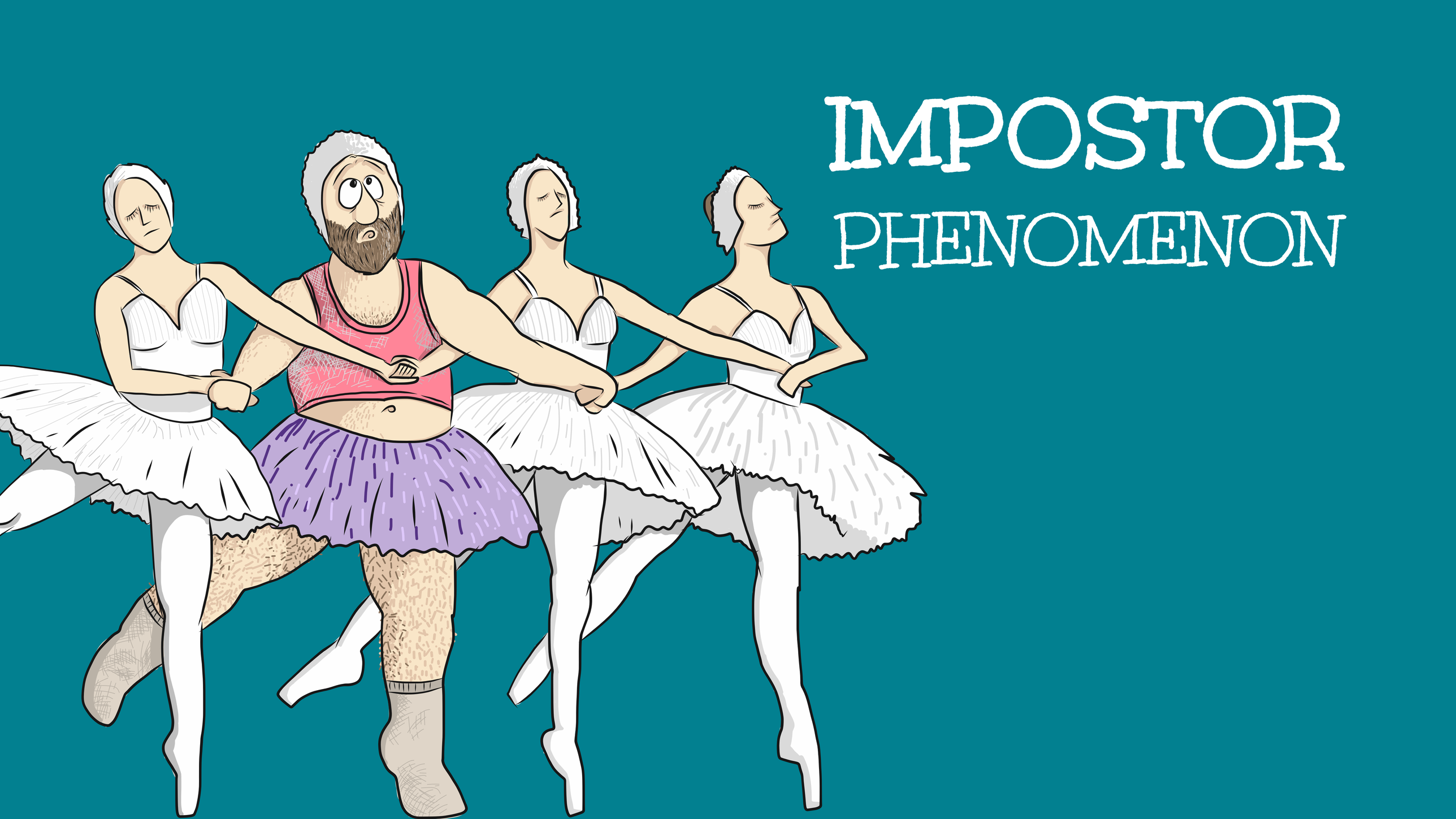
I still doubt myself every single day. What people believe is my self-confidence is actually **my reaction to fear**.

photo:https://goo.gl/kv2P1a

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

IMPOSTOR PHENOMENON

IMPOSTOR PHENOMENON

INSECURITY

FAILURE

“

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

”

— Bertrand Russell —

IMPOSTRISM

“

… is, for many people, a natural symptom of **gaining expertise**

”

— Pacific Standard Magazine —

EMBRACE

IMPOSTRISM

MEASURE YOURSELF WITH

YOUR OWN

YARDSTICK

COMMUNICATE YOUR FEARS

photo:https://goo.gl/WohZ4Y

https://goo.gl/KWSAeo

PERFECTIONISM

IMPOSTOR PHENOMENON

LONG HOURS

LONG HOURS **ONCE**?

REGULARLY?

DID IT WORK?

LONG HOURS

LONG HOURS

TEMPORARY
HARD WORKING

PERMANENT
WORKAHOLIC

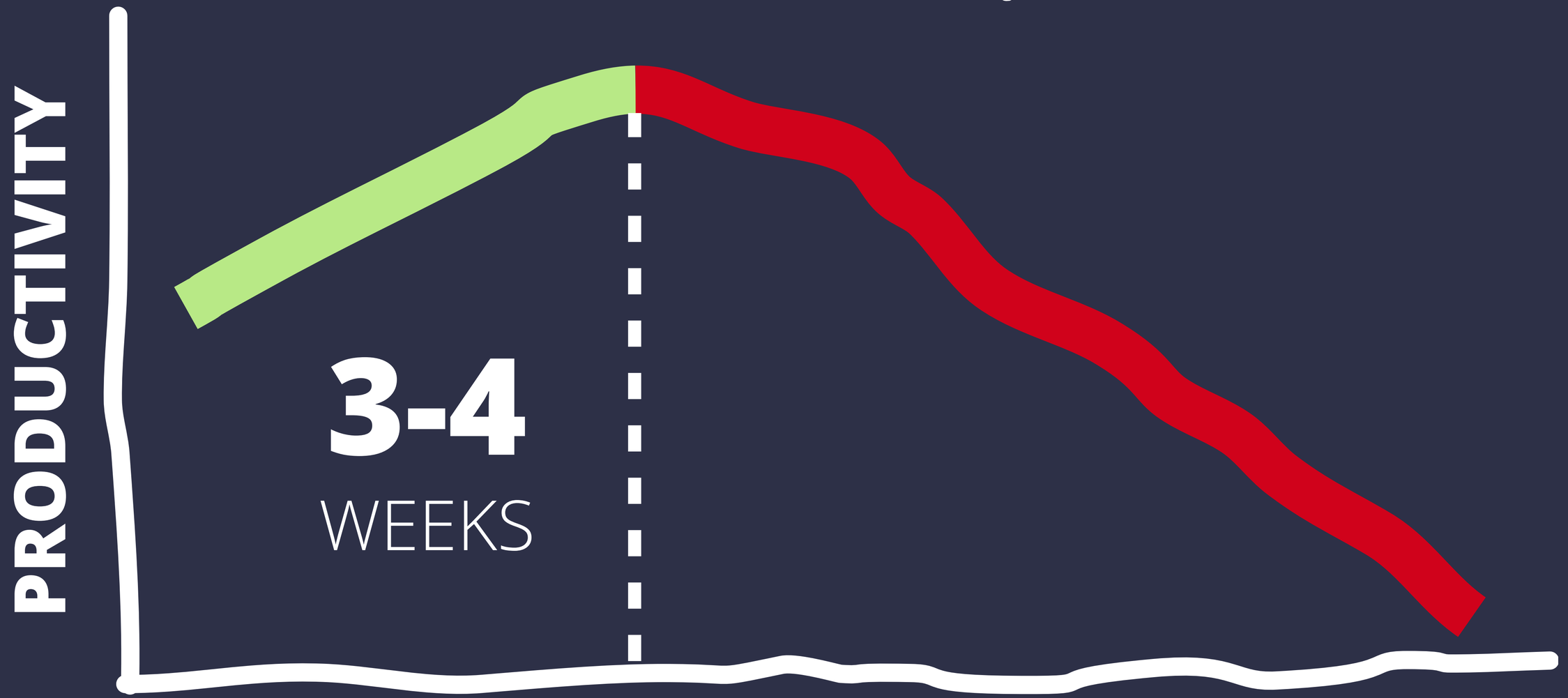
LONG HOURS

LONG HOURS

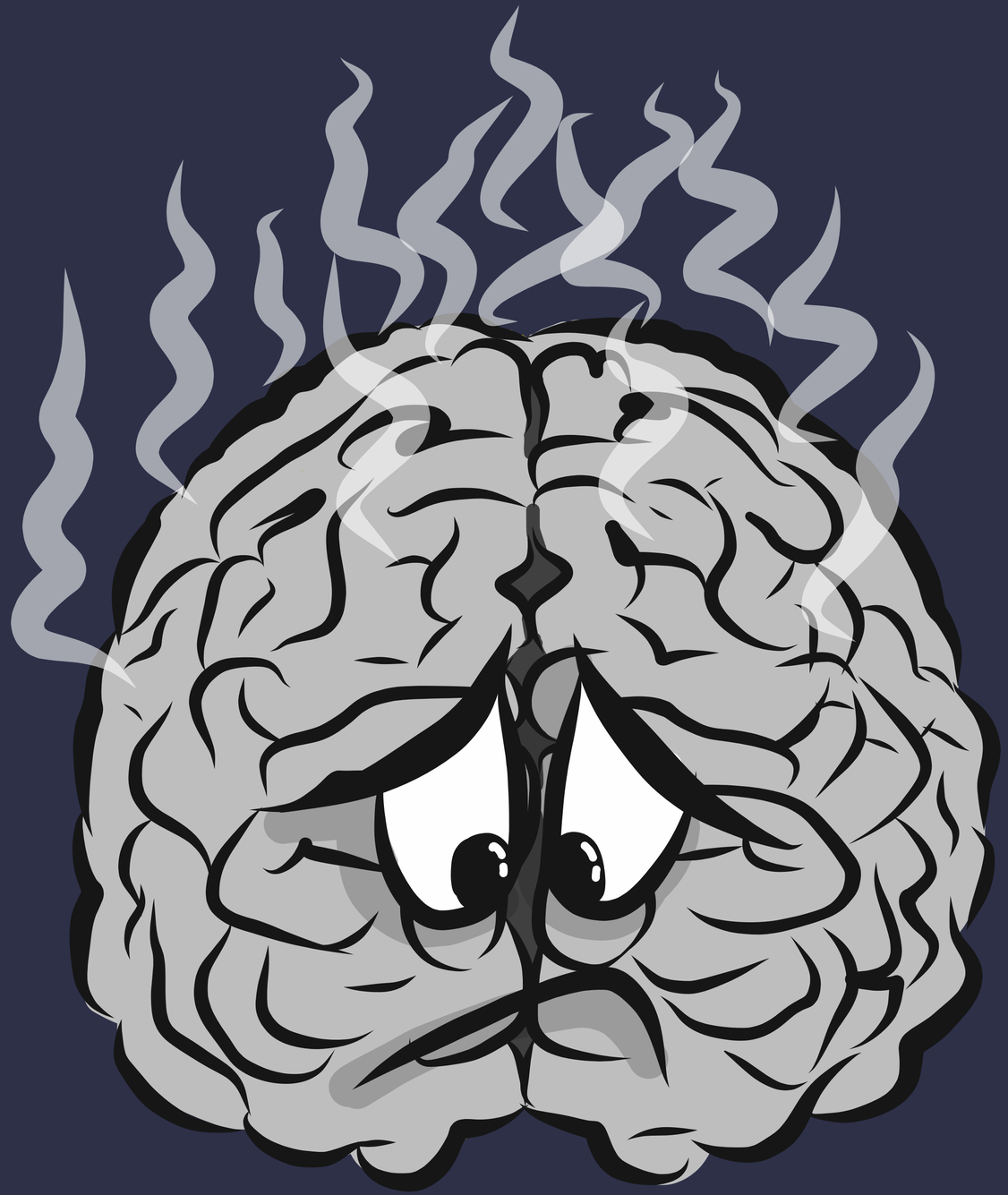
LONG HOURS

PRODUCTIVITY

40h + 20h/WEEK



Busy?
YES!
Productive?
UH OH...



#TIREDBRAIN

LONG HOURS
to achieve more
ERRORS
lack of
ACCOMPLISHMENT

STRESS

KAROSHI

過労死

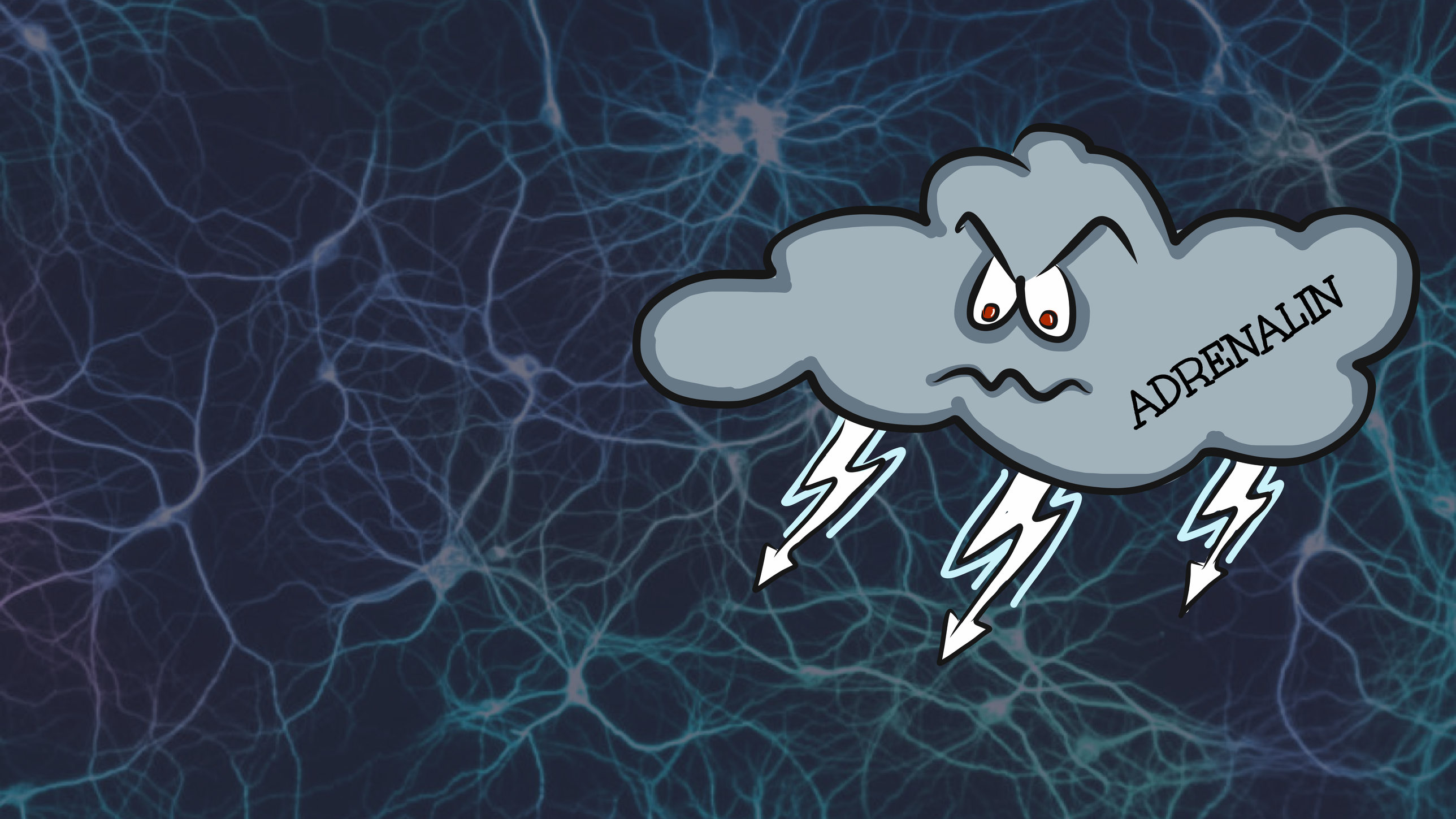
GUOLAOSI

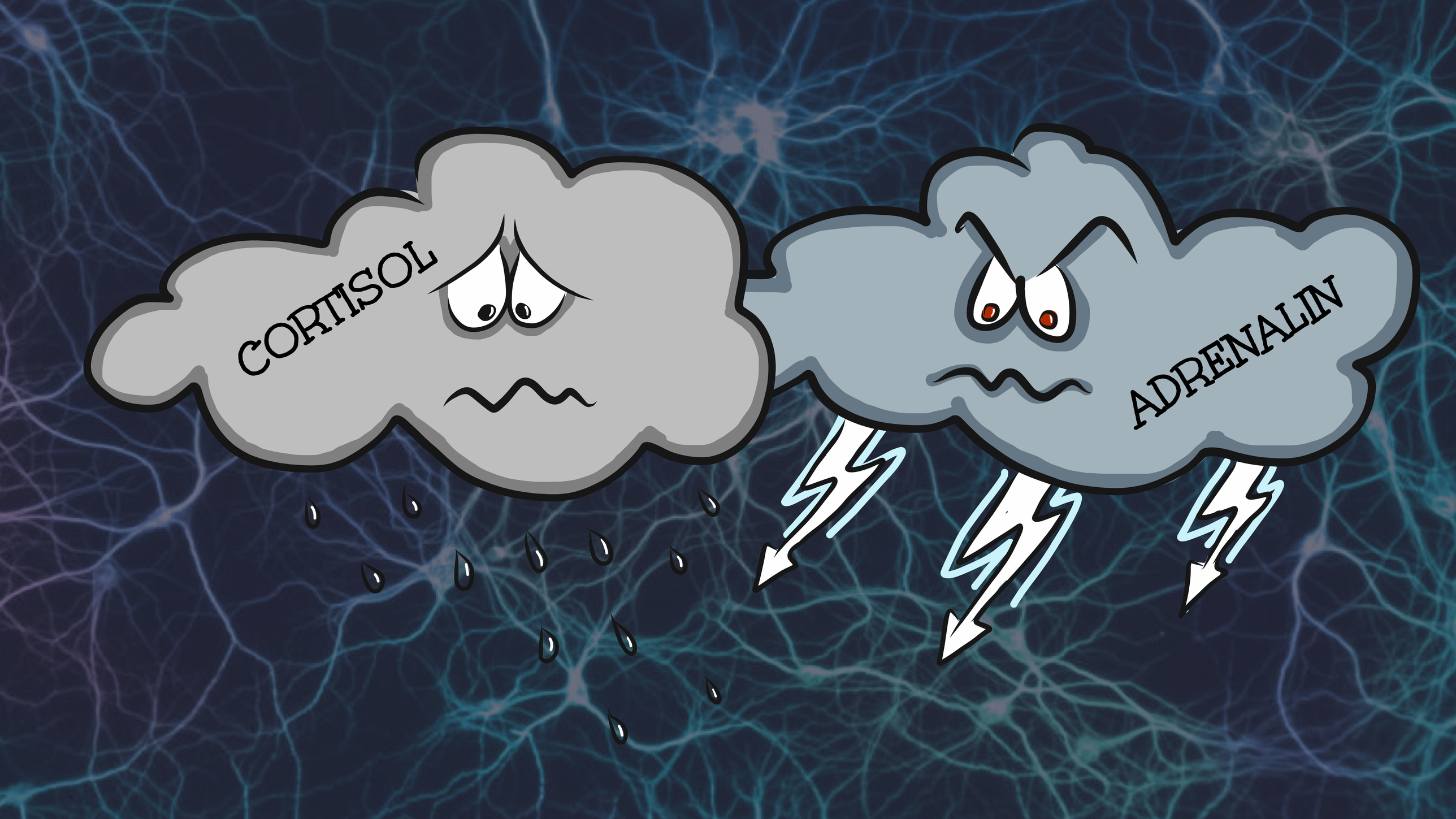
过劳死

GUOLAOSI
过劳死

1,600
EVERY DAY

STRESS


ADRENALIN


CORTISOL
ADRENALIN

STRESS TO BRAIN

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

— according to geeky research —

STRESS TO BRAIN

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

— according to geeky research —

STRESS TO BRAIN

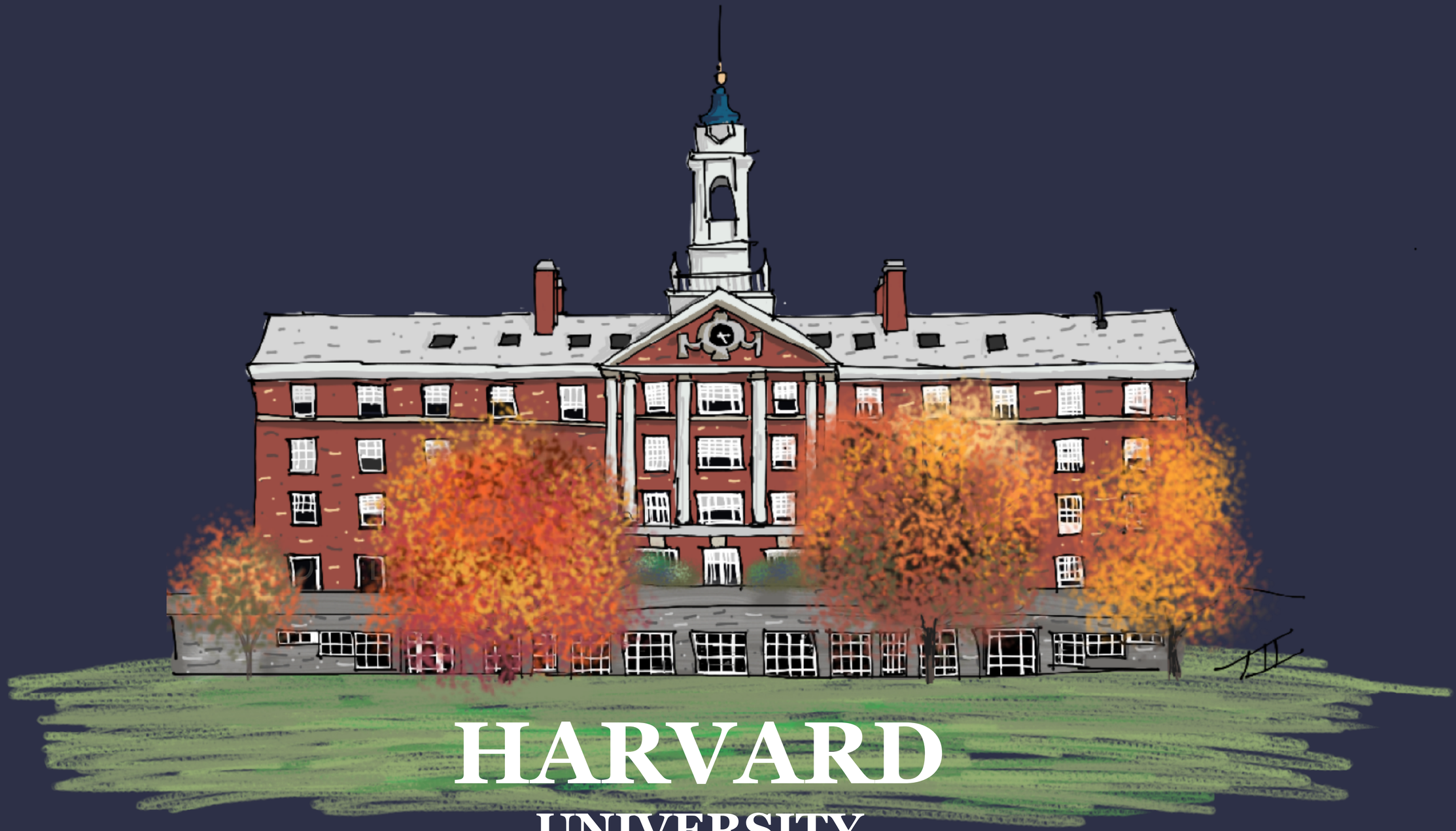
Premature **aging** of our brain

Significant **drop in learning** abilities

Weakened memory

MENTAL DISABILITY

— according to reality —

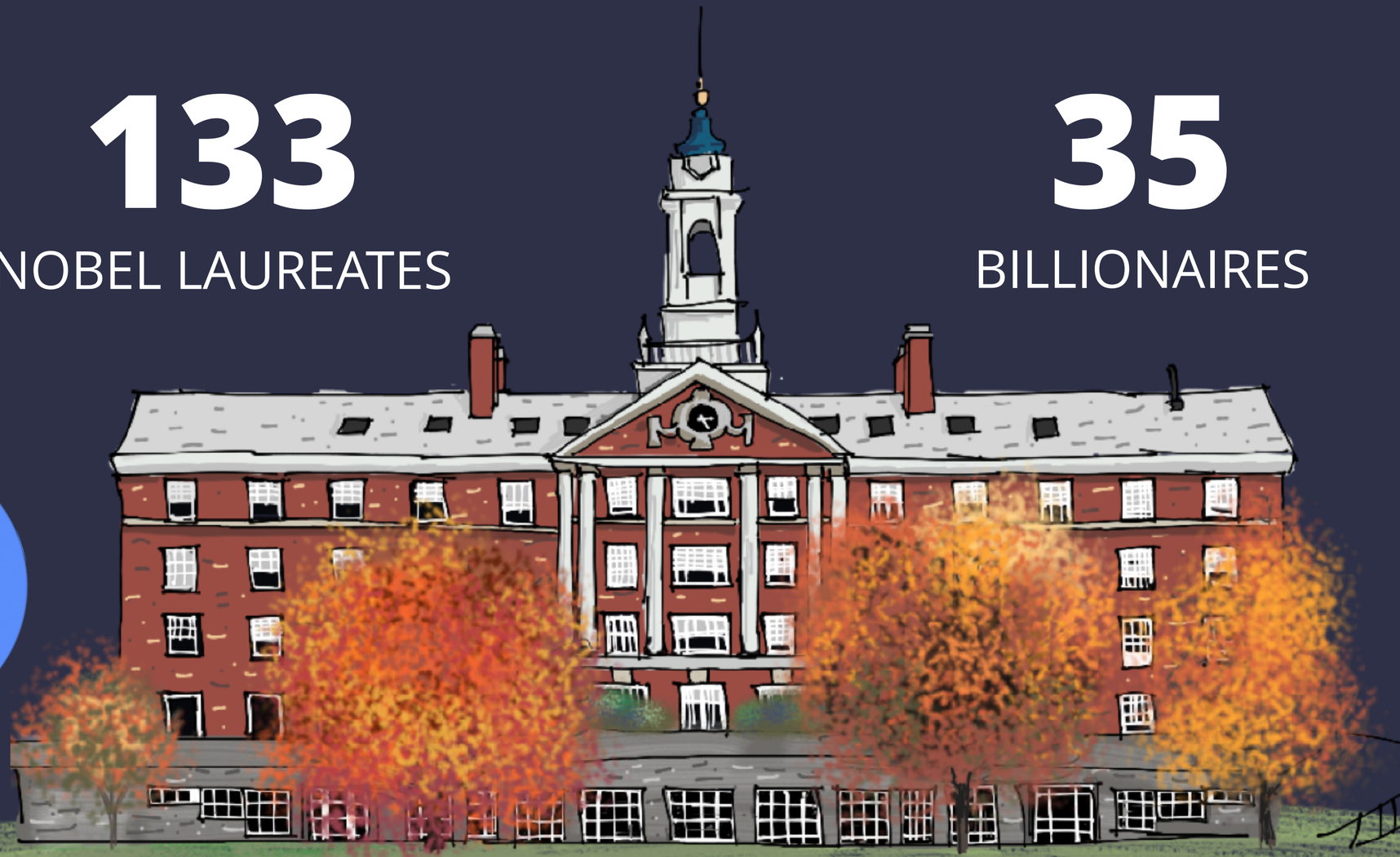

HARVARD
UNIVERSITY
EST. 1636

133

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

HARVARD
COLLEGE

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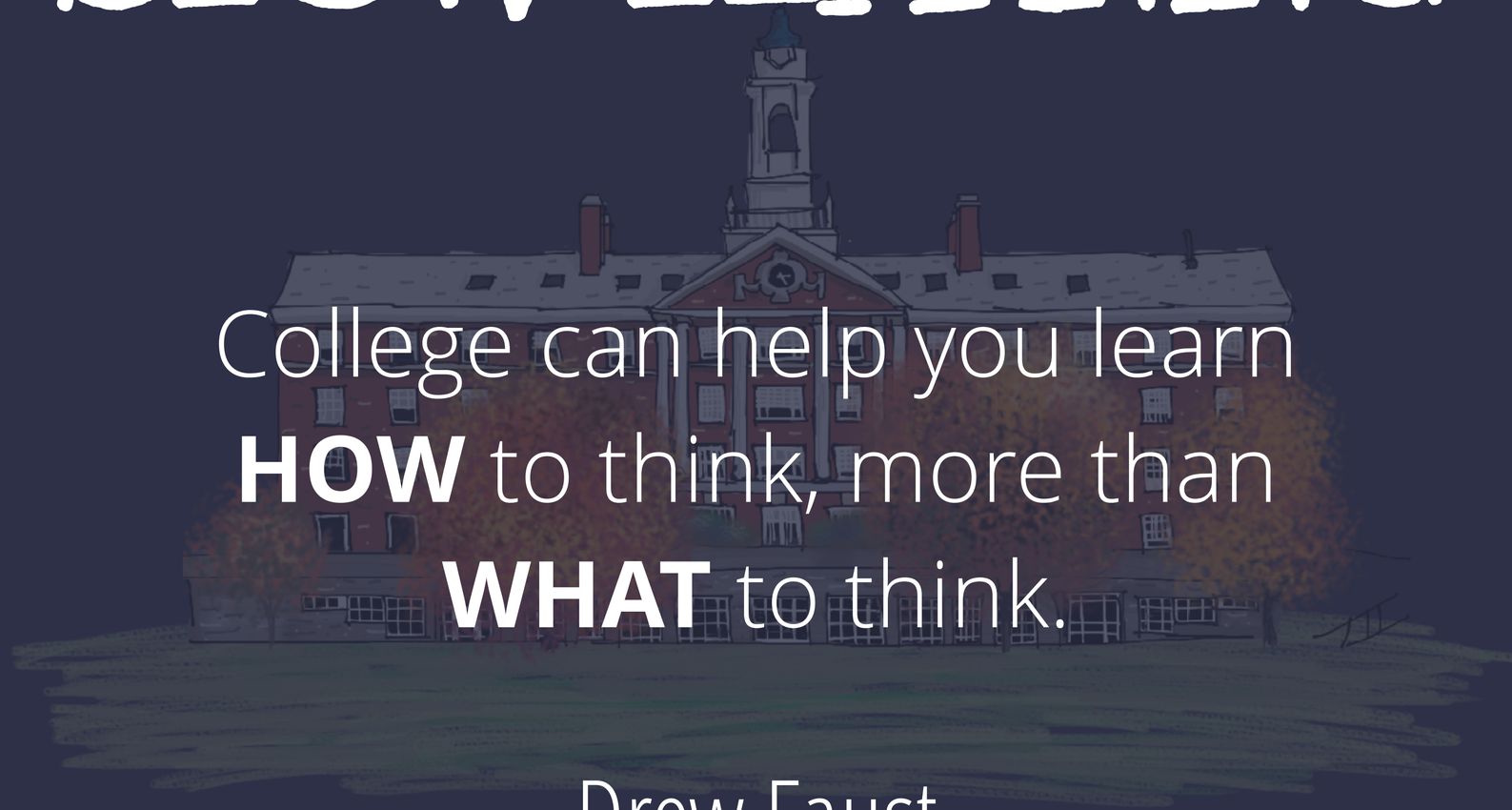
96%

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({
  prepAnnotations: function () {
```

Elements Network Performance Console 3

Perfectionism: negative to positive life.html:1300

Impostor phenomenon: embrace impostrism life.html:1315

Long hours: slow down life.html:1316

>

debugger;
FOR DEVELOPERS

DENYS MISHUNOV
@mishunov

THANK YOU

Fonts: Unkempt (by Slideshow);
Open Sans (by Steve Matteson)
Music: “La petite fille de la mer” (by Vangelis)
“Je Suis Seul Ce Soir” (by Swing 41)
Video: Silicon Valley, S03E06 (by HBO)

Illustrations: Yes, those are mine :)

@mishunov