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Agile projects may have less effort required compared to traditional projects. What factors are responsible for this phenomenon?

There are different aspects for this phenomenon, To commence, close and daily cooperation between business people and developers. Communication, preferably face-to-face, over written documents plays an important role in bi-directional understanding of the project between developers and stakeholders.

Agile projects are about managing change, assuming that both the problem and the solution change during development, for example these projects attempt to minimize risks and manage changes by developing software in short builds. With this attention to change management these projects reduce the ripple effect of possible problems in the journey of software development. In addition, in traditional projects, written documents, usually, accumulate information that is costly to write, verify and change. Agile projects produce very little written documentation relative to other methods.

It is worth mentioning that in most of the times an agile project Breaks down into sub-problems, so there is less complexity to deal with.

Besides, benefit of distributing the feedback should not be neglected, these feedbacks in agile project helps developers to stay on the right track more efficiently specially when it comes to the projects that requires working software at all time.