Functional programming doesn't have to be intimidating. In fact, there are aspects of it that are already present in popular languages like Javascript or Python. For example, functions like map and reduce in Python use the ideas of functional programming. Functional programming is very useful for development of distributed systems because parallelism is easier to achieve with it. Also, functional programming allows us to make programs that are more modular by organizing our code into smaller pieces. This helps with readability and can make it easier to understand big programs. One important aspect of functional programming is that data has to be immutable, so if we want to modify a data structure like a stack, we make a new one with updated values. Another aspect of functional programs is being stateless, so our functions will not depend on previous state, but only on the parameters that we pass to them.