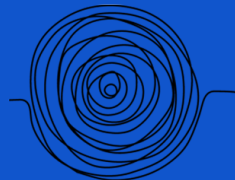# Containers

Containers are an application-centric method to deliver high-performing, scalable applications on any infrastructure of your choice. Containers are best suited to deliver microservices by providing portable, isolated virtual environments for applications to run without interference from other running applications.

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