The Agile method is a way of performing software development that works off of the values of Individuals and interactions, working software, customer collaboration and responding to change. Agile's purpose is not to prescribe specific actions or processes but instead encourage the following of their values. This differs from the waterfall method mentioned in the book because the waterfall method is very rigid. The waterfall method has is strict step by step process with clearly outlined steps. The emphasis in waterfall is on proper specifications and the following of its process. The two methods are very different because on is a proper method with processes and the other is more so a set of principles you follow to get to your goal.