Optimum Hardware and Software Requirements for the Book:

Software Required (With version)	Ansible 2.1+ (although any version might work). Node.js 6.x+, Docker 1.12+ (Community Edition), Python 2.6+ (not 3), Atom (the editor, any version).
Hardware Specifications	Any hardware would work as the majority of examples are running in Google Cloud Platform using the free trial.
OS Required	Examples are tested in Linux and macOS but they also work on Windows so any OS.