What are the main features of rapid software development and how does rapid development differ from other, more heavyweight processes?

What are the strengths and weaknesses of rapid development?

For what types of projects is it best suited?

How is testing different in rapid environments?

How about documentation, how is that different?

What extreme programming practices do you think are useful or promising?

Why?

What is the role of prototyping in rapid development environments?

Other aspects discussed?

Explain?