Thread First (->)

- **Each element in the form is successively placed in the first position (just after the function) of the following form.**
- **Parens are optional for one-argument functions.**
- **Object-manipulating functions conventionally place the object in the first position and arguments in the later position so are suitable for ->.**
- **Examples:**

```
(-> "Mark Bastian"
    cs/lower-case
    cs/trim
    (cs/replace #"\s+" "-")
    (str "!")
    keyword)
```

```
(-> {:name "Bob" :age 20}
    (assoc :favorite-food :pizza)
    (update :age inc))
```

Thread Last

```clojure
(-> {:name "Bob" :age 20}
    (update :age inc)
    (assoc :favorite-food :pizza))
```