Thread Last

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

Before/After

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

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