Pop Quiz: Who said this?

Though [it] came from many motivations, ... one was to find a more flexible version of assignment, and then to try to eliminate it altogether.

Favor immutability.

Use value objects when possible.

Answer: The OO Experts

Though [it] came from many motivations, ... one was to find a more flexible version of assignment, and then to try to eliminate it altogether.

Alan Kay,

History of Smalltalk (1993)

Favor immutability.
Joshua Bloch,
Effective Java (2001)

Use value objects when possible.

Kent Beck,

Test Driven Development. (2001)