

Stuckness.

# Zen and the Art of Software Development.

@jonfazzaro

# CincyDeliver 2019 Sponsors

## Diamond



## Platinum



## Gold



Stuckness. That's what I want to talk about today.

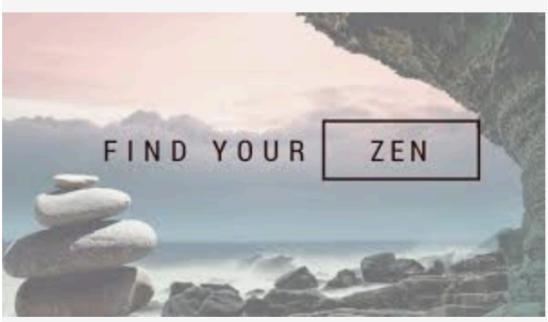
ZEN & THE ART OF MOTORCYCLE MAINTENANCE



ROBERT M. PIRSIG  
40<sup>TH</sup> ANNIVERSARY EDITION



Zen



Meditation and Breathing Techniques ...  
peachjarblog.com



Calm Corner



sound | arslocii: placeness as art  
arslocii.wordpress.com



Find your Zen  
on Busy Days



What makes the body  
go up and go down  
at the same time?

Your Diaphragm...

The Lauterstein-Conway Massage School  
tlcschool.com

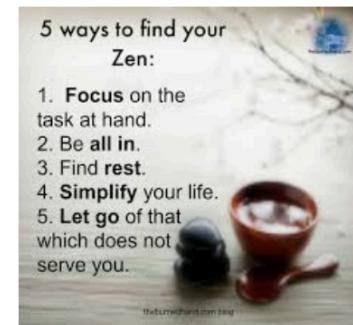


Breathing Like Wim Hof Make ...  
r18worker.info



1280 x 720

Youtube And Rela...  
cellcode.us



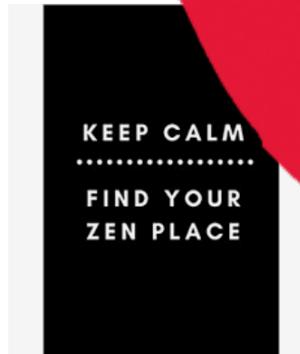
5 ways to find your  
Zen:

1. Focus on the task at hand.
2. Be all in.
3. Find rest.
4. Simplify your life.
5. Let go of that which does not serve you.

5 ways to find your zen.  
burnedhand.com



Spotlight-Introducing Zen Media ...  
thezenmom.com



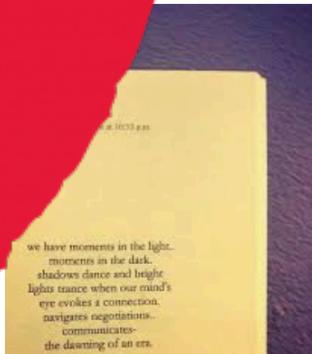
Amazon.com: Keep Calm Fi...  
amazon.com



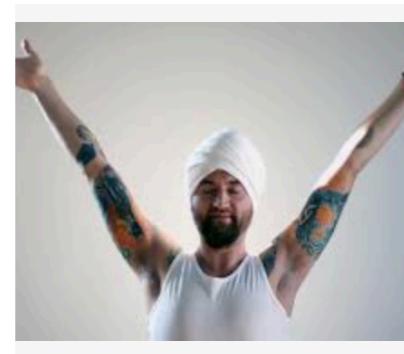
Yoga Classes - Find ...  
groupon.com



Zen in Public Place...  
badvoai.com



FindYourZEN photos, videos i...  
diknow.net



8 Places to Find Your Zen in Colum...  
columbusunderaround.com









**Whenever anyone asked him about Zen, the great master Gutei would quietly raise one finger into the air. A boy in the village began to imitate this behavior. Whenever he heard people talking about Gutei's teachings, he would interrupt the discussion and raise his finger.**

**Gutei heard about the boy's mischief. When he saw him in the street, he seized him and cut off his finger. The boy cried and began to run off, but Gutei called out to him. When the boy turned to look, Gutei raised his finger into the air. At that moment the boy became enlightened.**

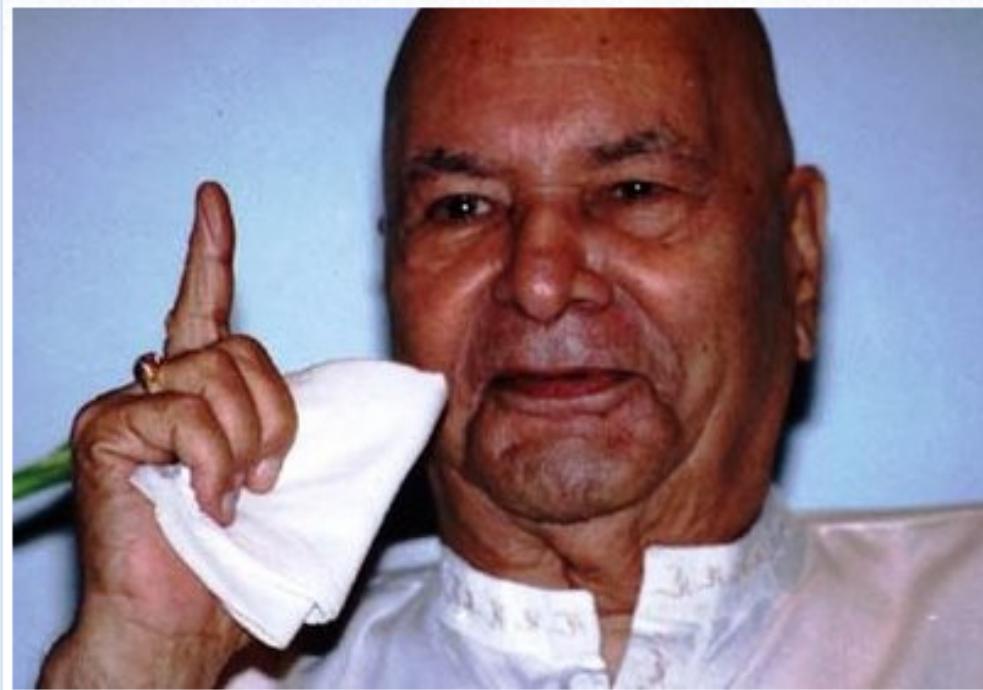


# Thank You, You Zen Asshole

SPIRITUAL SEEKER RELAXES AND LAUGHS...

SATURDAY, NOVEMBER 25, 2006

## finger pointing



### BLOG ARCHIVE

[November \(2\)](#)

[September \(1\)](#)

[February \(1\)](#)

[December \(3\)](#)

[November \(2\)](#)

[October \(1\)](#)

[September \(3\)](#)

### LINKS

[Ikkyu](#)

[Ram Tzu](#)

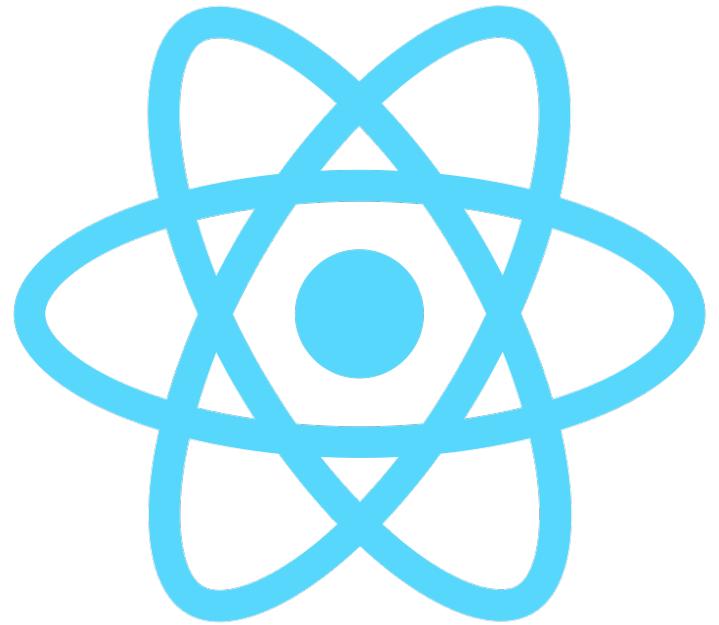
[Hsin Hsin Ming](#)

### Gutei's Finger

Whenever anyone asked him about Zen, the great master Gutei would quietly raise one finger into the air. A boy in the village began to imitate this behavior. Whenever he heard people talking about Gutei's teachings, he would interrupt the discussion and raise his finger. Gutei heard about the

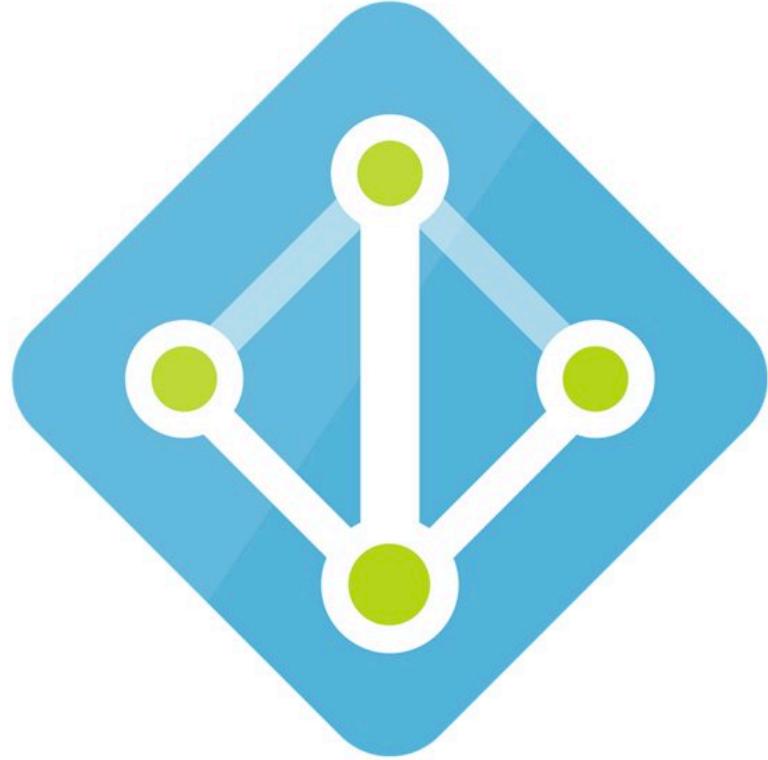
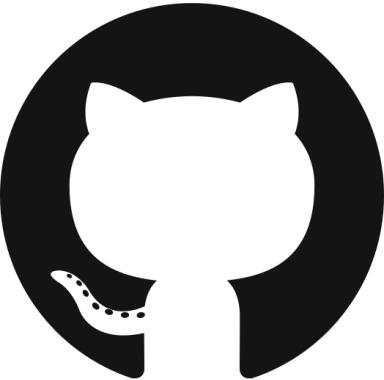
Developer

Engineer



npm

Vs.







*Remove side  
cover plate*



You're stuck.  
It's absolutely  
stopped  
you from  
fixing the  
motorcycle.



You're losing time.

You're incompetent.

You don't know what you're doing.

You should be ashamed of yourself.



# The Train





# Classic

# Romantic

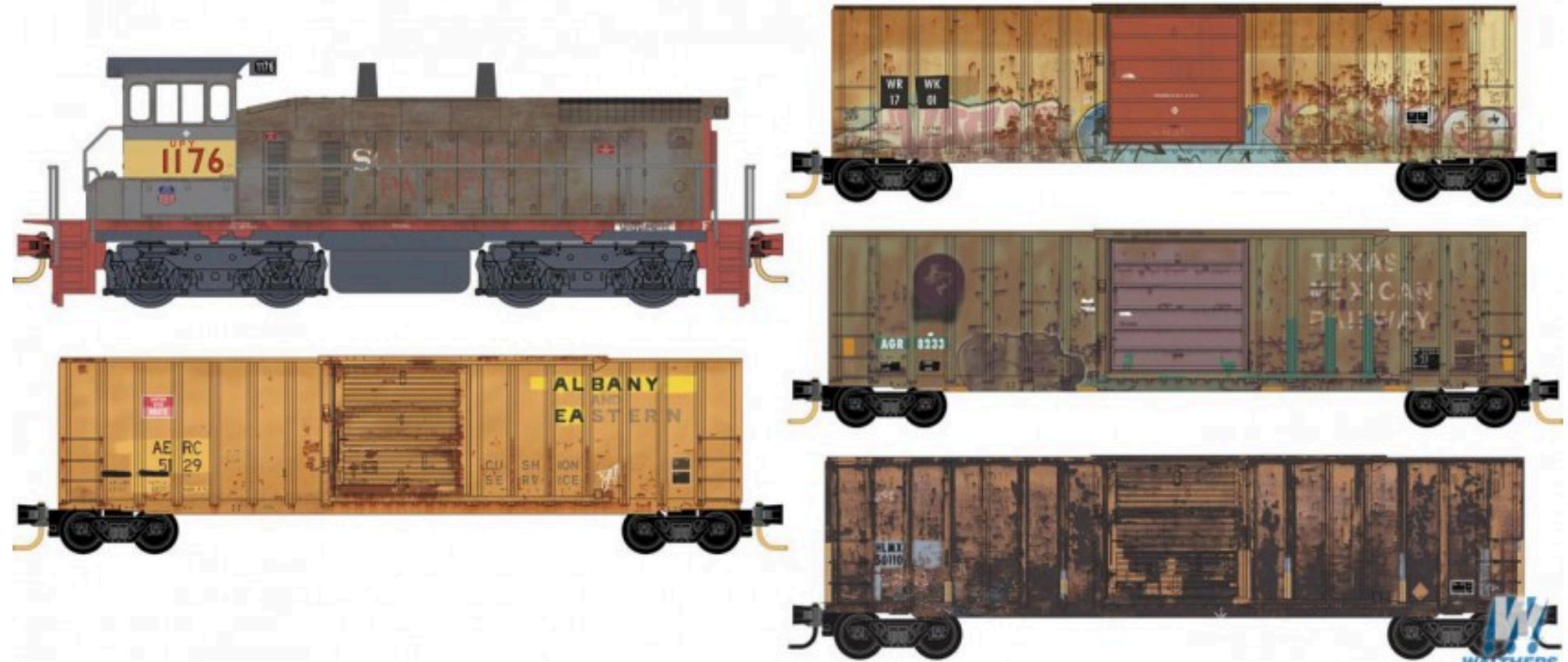


The  
cutting edge  
of experi-  
ence.



# reason





# reason confusion

(we are here)



# Classic

# Romantic



**Progress Bar 2019**  
@ProgressBar201X

Follow



2019 is 26% complete.



5:36 PM - 5 Apr 2019

**3,300** Retweets **14,101** Likes



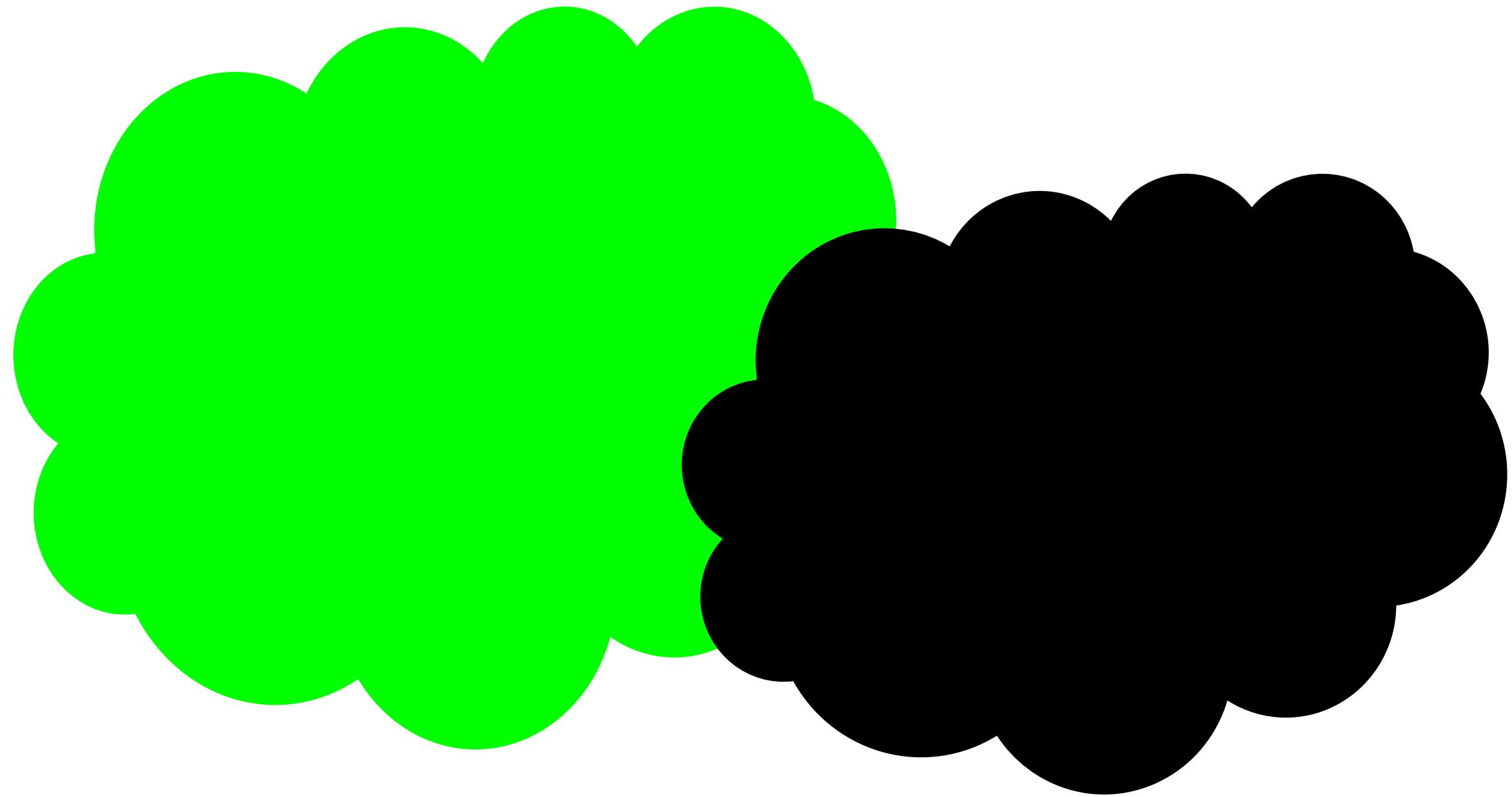
111

3.3K

14K

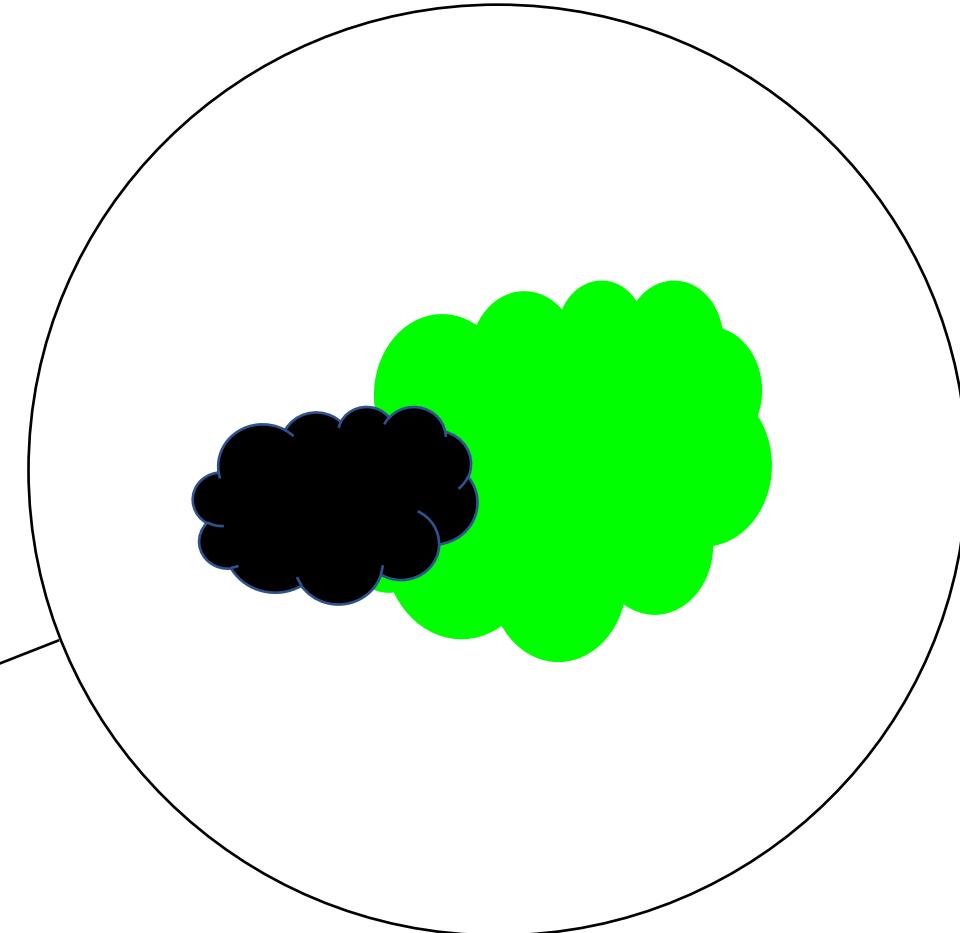
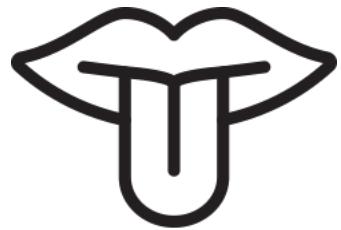
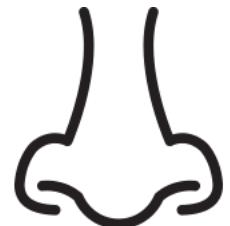
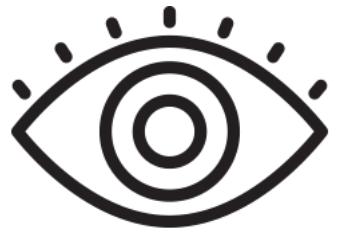


I



Nothing ever  
happened

Everything is  
happening





Let's get back to  
that screw.



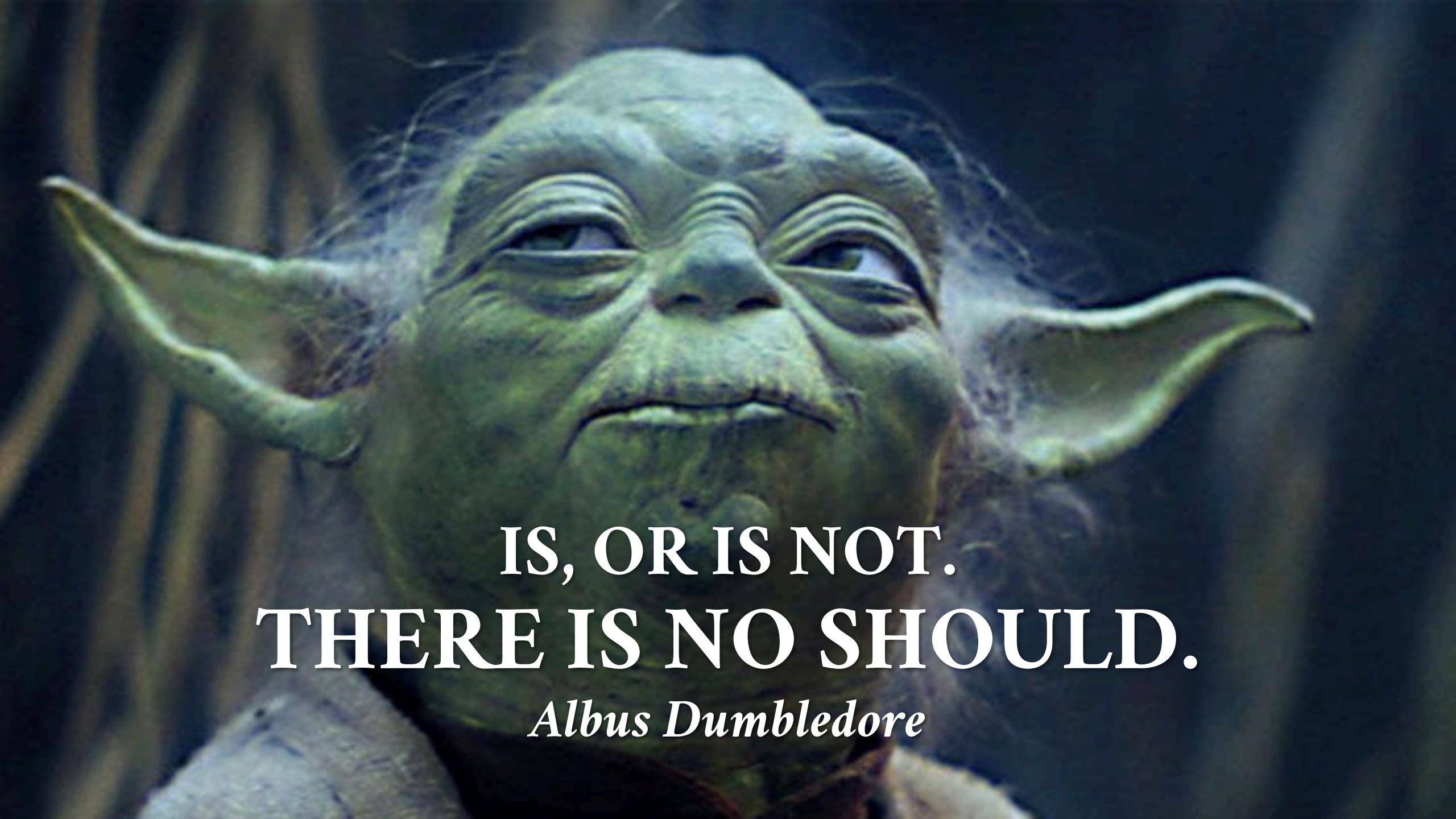
This is a moment  
to be not  
feared,  
but  
cultivated.



This screw is worth  
exactly the selling  
price  
of the  
whole  
motorcycle.



What's really been  
getting you stuck is  
the running  
from the  
stuckness.



IS, OR IS NOT.  
THERE IS NO SHOULD.

*Albus Dumbledore*

How about now?

Imposter  
syndrome

Dunning-  
Kruger  
effect



“Getting stuck  
is the job.

Thank you.”



# Embrace

Preparation  
Incubation  
Illumination  
Validation

Peek aboo

Front  
Brain

Back  
Brain

# ARE YOU A MIND WANDERER?



Pre  
Verbal

Post  
Verbal

Work

Rest

Right  
View

# Right Mental Model



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