Technical Practices
Most essential ingredient

- Test-Driven Development (TDD)

- Refactoring

- Simple Design

- Pair Programming

Test-Driven Development
Three simple rules

- Do not write any production code until you have first written a test that fails due to the lack of that code.

- Do not write more of a test than is sufficient to fail—and failing to compile counts as a failure.

- Do not write more production code than is sufficient to pass the currently failing test.