The Healthy Programmer

Ben Everard discovers coders don't have to be out of condition.

If you ask someone to name a dangerous job, the chances are they'll answer with something like lion tamer, fireman or astronaut. The sad truth, though, is that desk-bound jobs are also incredibly dangerous. Not in spectacular ways – the chances of getting attacked by a large carnivore while debugging PHP code are

> ❯ **The phrase 'healthy programmer' may be considered an oxymoron by some, but with a little knowledge and understanding, it needn't be an impossible aim.**
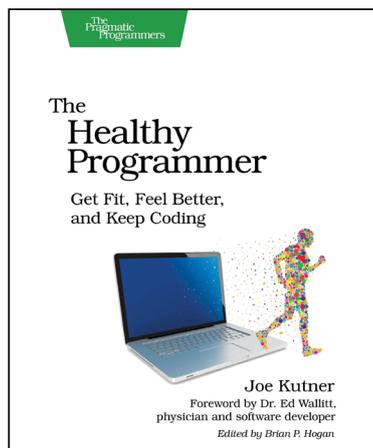
tiny – but in today's increasingly sedentary world, obesity, diabetes, RSI and other less glamorous dangers stalk us while we program. Unfortunately, unlike the aforementioned lion tamer, a chair and a whip aren't sufficient to protect us from these stealthier risks.

In *The Healthy Programmer*, Joe Kutner takes us through a complete tour of what it takes to keep our bodies and minds running at their full potential while coding. It's not about quick fixes, but the small changes you can make to your working habits that build to make a big difference, so there's nothing in this book that is hard to achieve. It doesn't suggest running 10 miles a week until you've shed any excess pounds. Instead it focuses on awareness of what you're doing, making improvements, and iterating until you've built up a lifestyle that will enable you to continue your imperilled career.

This book also covers the full gamut of physical health problems associated

with spending too much time sat in an office: problems with posture, eye strain and diet are covered in as much detail as those caused by lack of physical activity.

It's time to cast off the stereotype of the pasty, sickly-looking geek and reinvent our community as fine specimens of human health. Your life expectancy and the quality of your code will improve as a result.

LINUX FORMAT Verdict

The Healthy Programmer

Author: Joe Kutner
Publisher: The Pragmatic Bookshelf
ISBN: 978-1-93778-531-4
Price: £25.50
Pages: 199

❯ *A complete guide to staying fit and healthy in an office-centric world.*

Rating 9/10

Raspberry Pi Cookbook

Pi problems? **Les Pounder** has found the recipe for success.

The O'Reilly Cookbooks are always a great source of information, and provide quick solutions to your problems. The *Raspberry Pi Cookbook*, written by Simon Monk, continues in the same vein: it's a great quick reference guide, that covers a lot of content very quickly

> ❯ **All the ingredients you need for getting the most out of your Pi.**

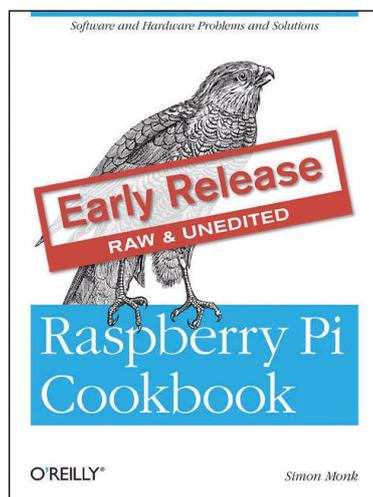and there's lots of information for every level of Pi enthusiast.

The book starts with an overview of the Pi, then swiftly moves on to the Raspbian OS, including how to write an image to your SD card, which at time of review does not cover *NOOBS*. The *Cookbook* then moves on to configuring Raspbian, including wired and wireless networking and serial communication.

Where this box excels, though, is in its coverage of the various aspects of the Pi, for example, the command line and Python will probably be unfamiliar to Pi owners, but this book provides ample clear instructions on what to do, including some excellent illustrative examples. I particularly enjoyed the Python and GPIO sections, which provided me with lots of useful information – the Python section (Chapter 5) especially summarised my commonly-used Python queries, and provided clear answers.

The GPIO section (Chapter 6) is still a work in progress at time of review, but

this is due to change over the next few months, as Simon is working on the final version. Needless to say, if you are interested in hardware hacking, you'll find lots of information about using Python and I2C with the Pi.

If you have a Raspberry Pi, this is an excellent book for quick reference, and should offer something for everyone, from noob to sysadmin. **LXF**

LINUX FORMAT Verdict

Raspberry Pi Cookbook

Author: Dr Simon Monk
Publisher: O'Reilly
ISBN: 978-1-4493-6522-6
Price: eBook $31.99 (via Early Release) Print Version $39.99 December 2013
Pages: 500

❯ *A great book, with lots of information for your Pi-based projects.*

Rating 9/10