

Wrap all primitives and strings

Object Calisthenics

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Importance

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- Code clarity and maintainability
- Object-oriented principles
- Better design by the use of meaningful abstractions

Benefits

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- Code readability and self-documentation
- Easier modifications and updates
- Reusability by abstracting behaviour
- Facilitates design patterns and encapsulation

Disadvantages

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- Increased complexity
- Performance overhead

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... Importance of the Rule

```
public class Employee {  
    private String name;  
    private int age;  
    private double salary;  
  
    public Employee(String name, int age, double salary) {  
        this.name = name;  
        this.age = age;  
        this.salary = salary;  
    }  
}
```

```
public class Employee {  
    private Name name;  
    private Age age;  
    private Salary salary;  
  
    public Employee(Name name, Age age, Salary salary) {  
        this.name = name;  
        this.age = age;  
        this.salary = salary;  
    }  
}
```



Code clarity and maintainability



Object-oriented principles



Better design by the use of meaningful abstractions

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Code readability and self-documentation



Readability



Self-documentation





ooo

Easier modifications and updates



Modifications and Updates

```
public class Employee {  
    private String name;  
    private int age;  
    private double salary;
```

```
// ...
```

```
    public void increaseSalary(double amount) {  
        this.salary += amount;  
    }  
}
```

```
public class Employee {  
    private Name name;  
    private Age age;  
    private Salary salary;
```

```
// ...
```

```
    public void increaseSalary(Salary increaseAmount) {  
        this.salary.increase(increaseAmount);  
    }  
}
```

```
public class Salary {  
    private double value;
```

```
    public Salary(double value) {  
        this.value = value;  
    }
```

```
    public double getValue() {  
        return value;  
    }
```

```
    public void increase(Salary amount) {  
        this.value += amount.getValue();  
    }  
}
```



ooo

Reusability by abstracting behaviour



Reusability

```
public class Employee {  
    private Name name;  
    private Age age;  
    private Salary salary;  
  
    // ...  
  
    public Employee(Name name, Age age, Salary salary) {  
        this.name = name;  
        this.age = age;  
        this.salary = salary;  
    }  
  
    // ...  
  
    public void promote(PromotionStrategy promotionStrategy) {  
        this.salary = promotionStrategy.calculateNewSalary(sal  
    }  
}
```

```
public interface PromotionStrategy {  
    Salary calculateNewSalary(Salary currentSalary);  
}  
  
public class PercentagePromotion implements PromotionStrategy {  
    private double percentage;  
  
    public PercentagePromotion(double percentage) {  
        this.percentage = percentage;  
    }  
  
    public Salary calculateNewSalary(Salary currentSalary) {  
        double increaseAmount = currentSalary.getValue() * percenta  
        return new Salary(currentSalary.getValue() + increaseAmount  
    }  
}  
  
public class FixedAmountPromotion implements PromotionStrategy {  
    private double amount;  
  
    public FixedAmountPromotion(double amount) {  
        this.amount = amount;  
    }  
  
    public Salary calculateNewSalary(Salary currentSalary) {  
        return new Salary(currentSalary.getValue() + amount);  
    }  
}
```



ooo

Facilitates design patterns and encapsulation



Design patterns and encapsulation

```
public class Employee {
    private Name name;
    private Age age;
    private Salary salary;

    // ...

    public Employee(Name name, Age age, Salary salary) {
        this.name = name;
        this.age = age;
        this.salary = salary;
    }

    // ...

    public void promote(PromotionStrategy promotionStrategy) {
        this.salary = promotionStrategy.calculateNewSalary(sal
    }
}
```

```
public interface PromotionStrategy {
    Salary calculateNewSalary(Salary currentSalary);
}

public class PercentagePromotion implements PromotionStrategy {
    private double percentage;

    public PercentagePromotion(double percentage) {
        this.percentage = percentage;
    }

    public Salary calculateNewSalary(Salary currentSalary) {
        double increaseAmount = currentSalary.getValue() * percenta
        return new Salary(currentSalary.getValue() + increaseAmount
    }
}

public class FixedAmountPromotion implements PromotionStrategy {
    private double amount;

    public FixedAmountPromotion(double amount) {
        this.amount = amount;
    }

    public Salary calculateNewSalary(Salary currentSalary) {
        return new Salary(currentSalary.getValue() + amount);
    }
}
```

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◦◦◦ Disadvantages of the Rule

Every advantage has its disadvantage



Increased complexity



Performance overhead