

PMWJ BOOK REVIEW¹



Book Title: ***AI Meets Agile: Transforming the Way We Work***

Author: **Vinay Babu Tarala**

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Reviewer: **Archana Choudhary**

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Introduction to the Book

This book explains how AI and Agile can accelerate delivery. Agile emerged to bring collaboration, flexibility in delivery and increase customer satisfaction. Today's Agile delivery can be measured by team but when AI and Agile are combined together in the process, it is beneficial as AI tools can enhance performance of the team.

The book provides an excellent framework that the team can easily apply which is meticulously explained via multiple case studies.

Overview of Book's Structure

The book examines real- world case studies. The second chapter is structured to explain why scrum alone is inefficient for AI. The AI Copilot chapter focuses on how they reshape Agile roles, ceremonies and team dynamics. It walks through role-by-role augmentation for scrum master, product owner, developers and agile coach. Author perspective is very clear as he walks through each ceremony standups, sprint planning, sprint reviews, and retrospective showing how AI powered by real time data acts as a layer.

The author has structured the book as a practical guide to how AI and multilingual technology is reshaping Agile frameworks in global organizations. The book further shifts focus from inclusion (multilingual AI) to ethics and responsibility. Key ethics risk

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areas like bias, transparency etc. before offering a framework for responsible AI. It delves into how AI can measure and enhance team health, including case studies, practical tools and ethical best practices. Very interesting to learn the intersection of software and reality. The Internet of Things (IoT) is one of the most complex areas. This book has easily explained the patterns for developing IoT in an Agile Fashion providing examples of how it can be applied in the real world.

Each chapter introduces interesting real world scenarios providing examples that is easy to resonate and understand.

Highlights: What's New in this Book

The book reframes Agile not as a delivery method but as a strategic enabler for AI innovation. As a Project Management professional, I found the book a value addition as it emphasizes on how AI is supercharging Agile ceremonies. It introduces a practical and comparative view of Kanban, SAFe, and Lean through AI lens.

The author has introduced AI copilots as active team member, and not tools setting clear boundaries for responsible AI.

I liked the book as it explained ceremony-by-ceremony augmentation examples by including the real-world case studies from Spotify, TechCorp, and other global retails. It positions AI as an inclusion enabler, not just a process optimizer. It is valuable reader's perspective as new specialized role like Responsible AI Owner and AI Transparency specialist are introduced. Interesting to see how sentiment analysis and behavioral pattern tracking can reveal unseen human dynamics.

Agile Maturity Model is based on Crawl-Walk-Run-Fly model. Each stage in this model has its own sets of skills, problems and chances. It highlights the importance of the mindset of AI-Agile Leaders. This is not a stepwise change but the capability of AI increases exponentially.

Highlights: What I liked!

The book is written in a story telling technique, which is quite interesting, humanizing an often-technical topic. It avoids hype and focuses on practical examples with measurable impact translating complex AI concepts into practical, actionable Agile applications. The hybrid model feels modern and realistic, acknowledging that AI work rarely fits into a single methodology.

The role-by-role augmentation is exceptionally clear, making it easy and clear for readers to visualize how AI fits into their own team.

The chapters are rich with practical examples, AI summaries, predictive capacity planning. The inclusion of change management (not automation) shows a mature understanding of how team can adopt new practices. The approach mirrors challenge I encountered with the delivery in the current AI fast moving space. I found it valuable as it connects Agile's human-centered principles ("individual and interactions") with modern AI tools that enhance inclusion. The author has highlighted the cultural insights especially around indirect communication, hierarchy and multilingual participation which makes it feel grounded and globally relevant. I like the practical approach. It transforms the AI ethics into tangible Agile activities. Very interesting to learn the fundamentals of Agile + AI Transformation Office aligning the tooling and platform strategy. It provides a roadmap to set the transformation office team.

The book emphasizes on the key points applying Agile and AI concepts in real world that helps in creating things that performs better.

This book provides essential tools and framework for successful AI- Agile adoption which is still a limitation for non-mature organizations.

The self-assessment for leaders is an excellent way to consistently assess effective AI-Agile leaders' strength and weakness. This book is not theoretical, and anyone could apply it immediately.

This is an excellent book for anyone who would like to build the leadership platform, cultivate network and enhance influencing ability by evidence and value-based reasoning.

Who might benefit from the Book?

- Agile Practitioners seeking a structure in delivery
- Technology leaders looking to learn how to transform delivery using AI
- Product Owners seeking clarity bringing business value
- Engineering and Data Science team who would like to build a framework to implement model
- Organizations evolving with current AI trends
- Leaders driving digital or AI transformation who need a blueprint for integrating AI into team processes.
- AI and NLP practitioners interested in culturally adaptive software applications
- Scrum Master, Agile Coaches and team leads who are seeking tools to assess and support team morale.

Conclusion

The combination of AI and Agile is more than a shift in technology; this book has explored how different roles can evolve to facilitate greater collaboration. The benefit of AI - Agile combination is huge and the book has highlighted the fact that we must be aware of the potential risks associated. After completing the book, one can lead with value, use AI in their Agile work, drive the decisions and exercise their influence to ensure their knowledge assist colleagues. AI and Agile complement reach other perfectly. This book brings that to light perfectly.

For more about this book, go to: url [AI Meets Agile: Transforming The Way We Work, Tarala, Vinay Babu, eBook - Amazon.com](#)

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Archana Choudhary, PMP®, Fellow APM is a VP at Deutsche Bank. With over 20 years of project management experience, she has refined and sharpened global leadership skills while contributing as an expert leading multiple complex projects like merge-up and acquisitions, digital and agile transformations, created a robust PMO.

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