

Booleans and Truthy/Falsy Values

What are Truthy and Falsy Values?

JavaScript is flexible. It treats **some values as true** and **some as false** when used in conditions like if()

Truthy Values (behave like true)

These values are considered true when used in conditions:

- Any non-empty string ("hello", "0")
- Any non-zero number (1, -5, 3.14)
- An object ({}, [])
- True

Falsy Values (behave like false)

These values are considered false:

- 0
- “ ”
- Null
- Undefined
- NaN
- false

Practice Questions:

Q1:Write a condition to check if the variable **email** is empty or not.

Q2:Try these values and predict whether they are **truthy** or **falsy**: "0", NaN, [], "", null, 42

