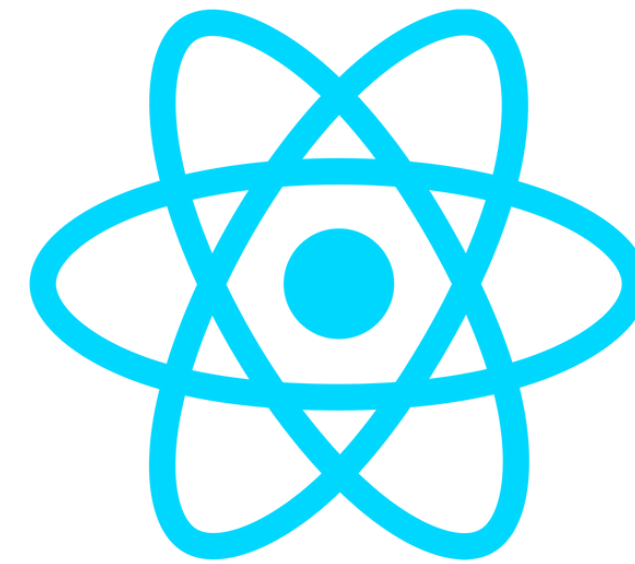# What is a Custom Hook?

- A Custom Hook is simply a JavaScript function that uses one or more React Hooks (useState, useEffect, etc.).
- It always starts with the word "use" (like useFetch, useForm, useToggle).
- Purpose: Reuse common logic in different components.

< Benefits >

React