For a long time, XML was the only choice for exchanging and transporting data

But over the years, there has been a lot of change

The more lightweight JSON has become a popular alternative to using XML

- 1. less verbose
- 2. faster

JSON stands for JavaScript Object Notation

JSON is a language-independent data format

But the fact remains: JSON is derived from the JavaScript programming language, and its appearance is similar to that of JavaScript objects

JSON is widely used by many programming languages



Python probably offers the best comparison, as its data structures combined with the JSON library are relatively close to JavaScript

Important: JSON objects are not the same as JavaScript objects

JSON is just a way to format text (aka: data)

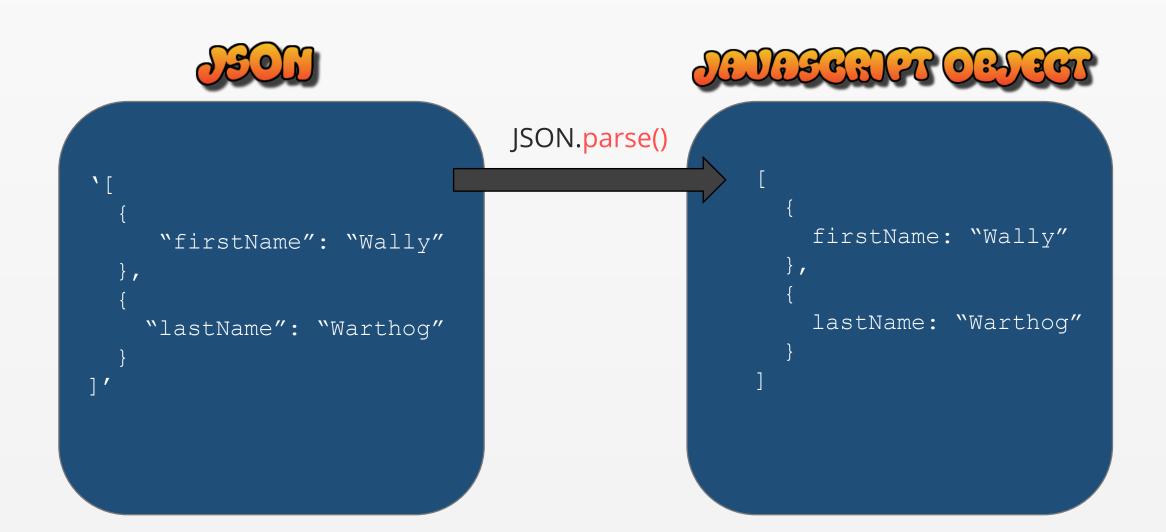
JSON is a great alternative to using XML

All languages have inbuilt functions to make coding easier

JavaScript has an inbuilt JSON object

The JSON object can parse JSON data and also convert values to JSON data

Other languages have similar methods to work with JSON





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```
[
    firstName: "Wally"
},
    {
    lastName: "Warthog"
}
```

JSON.stringify()