



JSON is JavaScript Object Notation

- A text-based format for exchanging data between a server and a client (or between systems).
- Very similar to **JavaScript objects**, but it is text (**string**) when sent or received.
- Widely used in **Web APIs** because it is lightweight and easy to parse.

Example:

```
{  
    "name": "Ahmed Ali",  
    "age": 28,  
    "title": "Software Engineer",  
    "departmentId": "D101",  
    "salary": 1200,  
    "workingHours": "40 hrs/week"  
}
```

- convert JSON text into a JavaScript object -`JSON.parse()`.
- convert a JavaScript object into JSON text -`JSON.stringify()`
- automatically parses JSON response into JS object -`fetch().json()`.

