**What is a Promise?**

A promise is an object that may produce a result at any time in the future: it will return as either a resolved value, or a reason that it's not resolved

**How do we use Promises?**

Promises are used to handle asynchronous operations

**What are the benefits of using Promises?**

They are easier to manage when dealing with multiple operations running at the same time where callbacks can create callback hell leading to bad code that is hard to fix