**What is Recursion?**

Recursion is a programming technique where a method calls itself to solve smaller instances of the same problem.

**Example Use Cases:**

* Fibonacci sequence
* Tree traversal
* Financial forecasting (predicting next value based on previous growth)

**Why Use Recursion?**

* Simplifies complex problems.
* Makes code more readable for problems with repetitive structure.
* Useful when future states depend on past states.