The three most widely used type conversions are to string, to number, and to boolean.

`String Conversion` – Occurs when we output something. Can be performed with `String(value)`. The conversion to string is usually obvious for primitive values.

`Numeric Conversion` – Occurs in math operations. Can be performed with `Number(value)`.

The conversion follows the rules:

Value	Becomes…
`undefined`	`NaN`
`null`	`0`
`true/false`	`1 / 0`
`string`	The string is read “as is”, whitespaces from both sides are ignored. An empty string becomes `0`. An error gives `NaN`.

`Boolean Conversion` – Occurs in logical operations. Can be performed with `Boolean(value)`.

Follows the rules:

Value	Becomes…
`0`, `null`, `undefined`, `NaN`, `""`	`false`
any other value	`true`

Most of these rules are easy to understand and memorize. The notable exceptions where people usually make mistakes are:

- `undefined` is `NaN` as a number, not `0`.
- `"0"` and space-only strings like `" "` are true as a boolean.