* **What is meant by the react term “Lifting State Up”?**

A lot of the time you want multiple components to change based on the same data, and this can be achieved with lifting the state up. You can lift the state of a component to its nearest common ancestor, allowing the state to be shared between multiple child components (via props).

* **Where do you lift it up to?**

The nearest common ancestor (component). For example, if you have child 1 and child 2, you can lift the state of child 1 to the parent, and then to child 2 from there.

* **Which way does React recommend data to flow: From sibling to sibling, from bottom to top or from top to bottom?**

Top to bottom.

* **Lifting state up, involves a great deal of boilerplate code, what’s the benefit we get from doing “things” like this?**

One benefit is that you only have to keep one copy of the state, also known as the “single source of truth”, which makes the application easier to maintain. You also don’t have to repeatedly process the states in different child components.

While it does involve more “boilerplate code” (sections of code that have to be included in many places with little or no alteration), it reduces the surface area for bugs and makes it take less work to find and fix bugs.