**JSON(JavaScript Object Notation)**

**JSON (JavaScript Object Notation)** is a lightweight data-interchange format. It is easy for humans to read and write. It is easy for machines to parse and generate. It is based on a subset of the JavaScript Programming Language, Standard ECMA-262 3rd Edition - December 1999.

JSON is a syntax for storing and exchanging data.

JSON is text, written with JavaScript object notation.

**Exchanging Data**

When exchanging data between a browser and a server, the data can only be text.

JSON is text, and we can convert any JavaScript object into JSON, and send JSON to the server.

We can also convert any JSON received from the server into JavaScript objects.

This way we can work with the data as JavaScript objects, with no complicated parsing and translations.

**Sending Data**

If you have data stored in a JavaScript object, you can convert the object into JSON, and send it to a server