



Here's an example demonstrating object manipulation in JavaScript:

## 1. Creating an Object:

javascript

```
const person = { name: 'Alice', age: 30 };
```

## 2. Updating Properties:

javascript

```
person.age = 31; // Updates the age property to 31
```

## 3. Accessing Properties:

javascript

```
const name = person.name; // Accesses the 'name' property (Alice)
```

## 4. Destructuring:

javascript

```
const { name, age } = person; // Extracts 'name' and 'age' properties
console.log(name); // Outputs: Alice
console.log(age); // Outputs: 31
```