1. If a book is an object, what is its encapsulated data?

Data Encapsulation is an Object Oriented Programming concept that bind a group of related properties, functions, and other members are treated as a single unit.

I am not sure but maybe

{ title: "The Catcher in the Rye", author: "J.D. Salinger", quantity: 10 }

is incapsulated data

1. What data, of a book's encapsulated data, might be changeable?

I am not sure again, but I can change data inside catalogue object and cannot change the type of catalogue as it const.

1. Why is representing a book as an object a better idea than representing it as a string?

Object can return data and functionality; arrays can contain only data.

Objects have (in most cases) a predefined structure. This is very useful for API design. Furthermore, you can set properties as public, protected, or private.