Certainly! [In a nutshell, **React Hooks** are built-in functions introduced in React version 16.8 that allow you to use features like lifecycle methods, state management, and context within functional components without the need for class components1](https://www.freecodecamp.org/news/the-beginners-guide-to-react-hooks/).

Here are **five free resources** where you can learn more about React Hooks:

1. [**A Beginner’s Guide to React Hooks**](https://www.freecodecamp.org/news/the-beginners-guide-to-react-hooks/): This comprehensive guide covers what React Hooks are, common hooks, and how to write your own custom hooks[1](https://www.freecodecamp.org/news/the-beginners-guide-to-react-hooks/).
2. [**How React Hooks Work - In Depth**](https://dev.to/eliav2/how-react-hooks-work-in-depth-17o9): Dive deeper into the inner workings of React Hooks and understand their relationship with parent components[2](https://dev.to/eliav2/how-react-hooks-work-in-depth-17o9).
3. [**React Hooks Tutorial for Beginners**](https://upmostly.com/tutorials/react-hooks-simple-introduction): A simple introduction to React Hooks, perfect for beginners who want to grasp the basics in just 5 minutes[3](https://upmostly.com/tutorials/react-hooks-simple-introduction).
4. [**Full Tutorial for Beginners**](https://www.freecodecamp.org/news/full-guide-to-react-hooks/): Explore various useful hooks, how they work, and practical examples of when to use them[4](https://www.freecodecamp.org/news/full-guide-to-react-hooks/).
5. [**W3Schools React Hooks Documentation**](https://www.w3schools.com/react/react_hooks.asp): Learn about hooks’ role in replacing class components and accessing state and other React features[5](https://www.w3schools.com/react/react_hooks.asp).

Happy learning! 🚀