```
*** Cast int to enum ***

(1) From a string:

YourEnum foo = (YourEnum)Enum.Parse(typeof(YourEnum), yourString);

(2) From an int:

YourEnum foo = (YourEnum)yourInt;

(3) From number you can also

YourEnum foo = (YourEnum)Enum.ToObject(typeof(YourEnum), yourInt);

(4) Alternatively, use an extension method instead of a one-liner:

public static T ToEnum<T>(this string enumString)

{
    return (T) Enum.Parse(typeof(T), enumString);
}

Usage:

Color colorEnum = "Red".ToEnum<Color>();

OR

string color = "Red";
var colorEnum = color.ToEnum<Color>();
```