**Regular Expressions in Java: Mastering Pattern Matching and Text Manipulation**

* Regular expressions are a way to describe a string or a pattern
* You have probably already used regular expressions, possibly without actually knowing it.
* Some methods in the String class, accept a regular expression as a parameter, for example, the matches method, the replaceAll and replaceFirst methods, as well as the split methods, all work with regular expressions.
* These expressions are often used to search strings for a specific pattern, or to validate data.
* As an example, you may want to verify that a user has provided an email address using a valid email address format. You can do this by checking the input against a regular expression pattern, that describes how an email address string should look.
* Regular expressions can also be very useful for parsing log files, to extract or search for specific types of information.