

ABSTEMIOUS

Meaning: Abstemious: characterized by moderation and self-restraint, especially in the consumption of food and drink.

1. Her abstemious lifestyle allowed her to maintain a healthy weight despite the temptations around her.
2. The monk led an abstemious existence, focusing on meditation and self-discipline rather than material pleasures.
3. While attending the lavish party, he remained abstemious, opting for water instead of cocktails.
4. Their abstemious diet consisted mainly of fruits and vegetables, reflecting their commitment to healthy eating.
5. He admired her abstemious nature, as she always chose quality over quantity in every aspect of her life.
6. The abstemious habits of the athlete contributed significantly to his success in the competitive sport.
7. In a world filled with excess, she found peace in her abstemious choices and simple living.
8. An abstemious approach to spending allowed them to save for their dream home over the years.
9. His abstemious demeanor at social gatherings often surprised those who expected him to indulge.
10. They promoted an abstemious philosophy that emphasized moderation and mindfulness in all activities.

Source: sentences.whatistheurl.com

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