

BRACE

Meaning: To prepare oneself mentally or physically for something difficult or unpleasant.

1. The patient had to brace for the impact of the news.
2. He needed to brace himself against the strong wind.
3. The carpenter used a brace to support the unstable beam.
4. She wore a back brace to alleviate her chronic pain.
5. The company is taking steps to brace for a potential recession.
6. The hikers had to brace their feet on the slippery slope.
7. The orthodontist recommended a brace to straighten her teeth.
8. The team decided to brace for the opponent's aggressive strategy.
9. He used a knee brace after the injury.
10. We should brace ourselves for a difficult conversation.
11. The carpenter used a brace to reinforce the unstable beam.
12. She had to wear a back brace after the accident.
13. He felt the need to brace himself for the upcoming news.
14. The hikers used a trekking pole to brace against the steep incline.
15. The company decided to brace for a potential economic downturn.
16. The dentist recommended a night guard brace to prevent teeth grinding.
17. She tried to brace her emotions before facing her family.
18. The architect designed a steel brace to support the cantilevered structure.
19. The diver had to brace against the strong currents.
20. The team is working to brace the old building against earthquake damage.
21. The architect added steel beams to brace the aging structure.
22. She had to brace herself for the difficult conversation ahead.

23. The hikers used trekking poles to brace against the steep incline.
24. A knee brace provided support after the sports injury.
25. We need to brace the shelves to prevent them from collapsing under the weight.
26. He took a deep breath to brace his nerves before the presentation.
27. The company is implementing new strategies to brace against the economic downturn.
28. The dentist recommended a brace to correct the misalignment of her teeth.
29. The sailors worked quickly to brace the ship against the approaching storm.
30. She used her hands to brace herself as the bus lurched forward.

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