

CONCENTRATIVE

Meaning: Concentrative: relating to or characterized by focused attention and mental effort directed toward a specific task or goal.

1. The meditator found the concentrative practice to be essential for achieving inner peace.
2. Her concentrative efforts during the exam helped her recall even the most difficult concepts.
3. To improve his focus, he adopted a concentrative technique that involved deep breathing and visualization.
4. The artist used a concentrative approach to hone in on the intricate details of her painting.
5. In yoga, concentrative exercises are vital for enhancing mental clarity and reducing stress.

Source: sentences.whatistheurl.com

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