

ENERVATING

Meaning: Enervating means causing a feeling of weakness or exhaustion; draining of energy.

1. The heat of the summer sun can be quite enervating, leaving you feeling drained and lethargic.
2. After a long week of demanding work, I found the idea of an enervating hike completely unappealing.
3. His enervating speech seemed to sap the energy from the audience, leaving them in a state of boredom.
4. Nothing is more enervating than a monotonous routine that lacks excitement or challenge.
5. The enervating effects of the flu left her weak and unable to muster the energy for even simple tasks.

Source: sentences.whatistheurl.com

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