

ENSOBER

Meaning: ENSOBER (verb): To restore clarity or sobriety to one's thoughts or behavior, often after a period of indulgence.

1. The soothing tea helped to ensober her thoughts after a long night of celebration.
2. He realized he needed to ensober from his reckless behavior and focus on his goals.
3. The counselor's guidance helped him to ensober and regain control of his life.
4. It took several days of reflection for her to fully ensober from the emotional turmoil.
5. Activities like meditation and exercise can help one to ensober in times of stress.

Source: sentences.whatistheurl.com

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