

RACKING

Meaning: RACKING (adjective): causing intense, distressing discomfort or suffering, often associated with persistent physical symptoms such as coughing or pain.

1. The sound of racking coughs filled the room as the cold spread through the office.
2. She felt a racking pain in her chest after the intense workout session.
3. His mind was racking with questions after hearing the unexpected news.
4. The racking sobs of the child echoed in the quiet night as she searched for her lost toy.
5. He experienced a racking wave of anxiety just before stepping onto the stage.

Source: sentences.whatistheurl.com

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