

REFRAINER

Meaning: A refrainer is a person who abstains from or avoids certain behaviors or actions, often promoting a more positive or constructive approach.

1. The refrainer at the meeting encouraged participants to focus on solutions rather than problems.
2. As a lifelong refrainer from junk food, she made a conscious effort to maintain a healthy diet.
3. His reputation as a refrainer from gossip earned him the respect of his colleagues.
4. In a world full of distractions, being a refrainer can lead to greater productivity and peace of mind.
5. The refrainer's ability to remain calm during chaos was commendable and inspired others to follow suit.

Source: sentences.whatistheurl.com

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