

# RESIANCE

*Meaning: Resilience: the capacity to recover quickly from difficulties or to adapt well in the face of adversity.*

1. Resilience is often tested in the face of adversity, revealing our true strength.
2. The community showed remarkable resilience after the devastating storm, coming together to rebuild.
3. Children can learn valuable lessons about resilience through sports and teamwork.
4. Her ability to bounce back from failure is a testament to her resilience and determination.
5. Practicing mindfulness can enhance emotional resilience and help cope with life's challenges.

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*Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)*

*<https://sentences.whatistheurl.com/sentence/resiance>*