

RUMINATION

Meaning: RUMINATION: the act of deep or contemplative thinking, often involving reflection or consideration of complex ideas or problems.

1. His late-night rumination on the meaning of life often left him feeling both enlightened and burdened.
2. The scientist's rumination over the data led to a groundbreaking discovery in the field of genetics.
3. After hours of deep rumination, she finally arrived at a solution to the complex problem that had been troubling her.
4. His tendency towards rumination sometimes made it difficult for him to enjoy the present moment.
5. In moments of silence, her mind would drift into a state of rumination, contemplating her past decisions and future aspirations.

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