

# SPINE

*Meaning: Spine: the column of vertebrae that supports the body and protects the spinal cord, often associated with feelings of fear or unease.*

1. The doctor recommended exercises to strengthen her spine after the injury.
2. He felt a chill run down his spine as he walked through the dark forest.
3. The spine of the book was beautifully embossed with gold lettering.
4. Many animals have a flexible spine that allows them to move gracefully.
5. She gathered her courage, straightened her spine, and faced the crowd.

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

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