

STRENGTHENER

Meaning: Strengtheners: a person or thing that enhances or improves the effectiveness, quality, or performance of someone or something.

1. A good mentor can serve as a strengthener in both personal and professional development.
2. The new software update acts as a strengthener for the system, improving its overall performance.
3. Yoga has been a strengthener for her mental resilience during challenging times.
4. Dietary supplements can act as a strengthener for those looking to enhance their physical fitness.
5. In moments of doubt, supportive friends often become the strengthener we need to persevere.

Source: sentences.whatistheurl.com

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