STRENGTHING

Meaning: Strengthening: the process of making something stronger or more effective.

1. The team's training program is focused on strengthening their overall performance.

2. She believes that meditation can be an effective way of strengthening the mind.

3. Regular exercise plays a crucial role in strengthening both the body and the spirit.

4. The organization is dedicated to strengthening community ties through various outreach programs.

5. He found that journaling helped in strengthening his emotional resilience during tough times.

Source: sentences.whatistheurl.com

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