

ascetical *(as-cet-i-cal)*

Definition

adj. relating to or characterized by severe self-discipline and abstention from indulgence.

Example Sentence

His lifestyle was **ascetical**, devoid of any luxuries or indulgences.

More Example Sentences

Ascetical practices can lead to inner peace.

Synonyms

self-denying; austere; disciplined

Antonyms

indulgent; extravagant; hedonistic

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