

# moderation *(mod-er-a-tion)*

## Definition

n. the avoidance of excess or extremes, especially in one's behavior or beliefs.

## Example Sentence

She tries to exercise in **moderation** every day.

## More Example Sentences

He approached his studies with **moderation**, balancing work and play.

## Synonyms

temperance; restraint; balance

## Antonyms

excess; extremism; indulgence

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