

# Spartan (*Spar-tan*)

## Definition

adj. showing great self-discipline and simplicity.

## Example Sentence

The Marine sergeant described the **Spartan** way of life for his recruits.

## More Example Sentences

He lived a **Spartan** life without luxury.

## Synonyms

frugal; austere; disciplined

## Antonyms

luxurious; extravagant; indulgent

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