

# strength *(strength)*

## Definition

n. the quality of being strong; the ability to do hard things or lift heavy things.

## Example Sentence

To have good **strength** you need to eat your vegetables.

## More Example Sentences

She showed her **strength** by climbing the tall tree all by herself.

## Synonyms

power; might; force

## Antonyms

weakness; frailty; softness

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