

# upheaval (up-heav-al)

## Definition

n. 1 the action or instance of lifting up from beneath especially the earth's crust 2 strong or violent change or disturbance as in a society

## Example Sentence

Ancient volcanoes caused a great deal of **upheaval** in this area.

## Synonyms

disruption; disorder; turmoil; convulsion

## Antonyms

calmness; stillness

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