

Going Mental In Sport Excelling Through Mind Management

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the meaning of through is used as a function word to indicate movement into something at one side or point and out at another and especially the opposite side of how to use through in a sentence

through definition 1 from one end or side of something to the other 2 from the beginning to the end of a period of learn more

through definition in at one end side or surface and out at the other see examples of through used in a sentence

to a conclusion or an accomplishment see a matter through

if you are through with something or if it is through you have finished doing it and will never do it again if you are through with someone you do not want to have anything to do with them again

as an adjective through means finished or done as an adverb it can mean backward and forward completely up to and including or all the way to the end the preposition through means in and out of

from the beginning to the end to read a letter through to the end to carry a matter through

feb 19 2026 in phrases such as go through get through etc indicating that something has been consumed or used up

through definition in one side and out the opposite or another side of

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