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Word of the Day – **Indulgence**

Transcript

Hi everyone. Today's word of the day is **indulgence**. **Indulgence** can be thought to be something permitting a desire. It can also be also associated with the word gratification. So something that I really want, I **indulge** in or I decide to satisfy my desire. Similar words could be rich or lavish. While **indulgence** is the permission of the desire, being rich is something that is abundant and full of something desirable. And lavish is to have something in excess. So, it's very much enjoyed but it's sometimes it's wasteful.

So I'll give you three examples where you can use these various degrees of **indulgence**. First I really want you to think about chocolate: it's dark, it's rich, it's delicious.

"Chocolate is an indulgence which I allow every Christmas."

So it's something that I allow myself to eat even though it can be bad for my health.

Second, **"The desert was rich in taste. The chocolate's deep flavor was an indulgence full of calories which I knew I would have to work off at the gym."**

So, rich means, here, a really deep taste. And third,

"The French meal was lavish, full of the most expensive ingredients, and prepared with the utmost perfection. I couldn't believe I was eating the picture perfect meal."

So here lavish is more than just **indulgence** because it's something that is also a bit wasteful. So it's so expensive, maybe it's costing hundreds of dollars. I hope you can use the words **indulgence**, rich, and lavish in your everyday lives. Thank you for listening to Practicast. You can find the script at Practicus.co.kr. Thank you and have a good day.