



# Phrase of the Day

## hold a mirror up to (Phrase)

to take a look at oneself objectively to examine or reflect on things (issues) stemming from the reality of reflection

**Meaning:** expose, show up, bring to light



# Word of the Day

## taboo (noun)

A social or religious custom prohibiting or forbidding discussion of a particular practice or forbidding association with a particular person, place, or thing.

**SYNONYMS:** prohibition, proscription, veto, interdiction, interdict, ban

**ANTONYMS:** permitted, acceptable, encouraged



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