

composure[kəm'pəʊzə] *n*

спокойствие; самообладание, хладнокровие

to keep /to guard, to preserve/ one's composure - сохранять спокойствие /хладнокровие/

to act with composure - действовать хладнокровно

composure

Oxford Advanced Learners Dictionary 8th Ed.

com·po·sure *BrE* [kəm'pəʊzə(r)] ^ˈ *NAmE* [kəm'pouzər] ^ˈ **noun uncountable**

the state of being calm and in control of your feelings or behaviour

- to **keep/lose/recover/regain your composure**
- He maintained his composure despite a desperate desire to laugh.

Word Origin:late 16th cent. (in the sense 'composing, composition'): from ↑**compose** + ↑**-ure**.Thesaurus:**composure** [**composure**] **noun U**

• She lost her composure and started shouting.

poise • • **self-control** • • **calm** • • **restraint** • |informal **cool** •**lose** your composure/poise/self-control/cool**keep** your composure/self-control/cool**recover** your composure/poiseExample Bank:

- She answered with perfect composure.
- She closed her eyes for a moment, to gather her composure.
- She totally lost her composure and began shouting.

composure

Longman DOCE 5th Ed. (En-En)

com·po·sure /kəm'pəʊzə \$ -'pouzər/ *BrE* ^ˈ *AmE* ^ˈ **noun [uncountable]**

[Date: 1500-1600; Origin: compose]

the state of feeling or seeming calm

recover/regain your composure (=become calm after feeling angry or upset)

* Carter looked stunned, but he soon regained his composure.

keep/maintain your composure (=stay calm)

* The widow broke down in tears, but her daughters maintained their composure.

* He has lost his composure under the pressure of the situation.**composure**

Freakuency Pack

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