



**E.g.** Spread out this news in the whole office.

It is a great fun to spread out your life happenings on social media platforms.

## **5. Beef up**

It means to add or increase or strengthen something for making it more effective.

**E.g.** We have to focus on beefing up our strategy with new ideas.

Beef up your presentations with some more research stuff.

## **6. Cope with**

It's often misused with the usage of coping up. This phrasal verb means to tackle something successfully despite of difficulties and problems you find on the way of its achievement.

**E.g.** Tushar, you have to cope with good communication skills, as it's a primary condition of the corporate world.

Not everyone can cope up with the harsh conditions in the office.

## **7. Clam up**

This phrasal verb is used to say something or diverge from a certain subject.

**E.g.** When mother asked a child about the exam results, he clammed up a story.

## **8. Bristle at**

This indicates the negative response of something, or an expression of anger.

**E.g.** She bristled at him due to his low performance at work.

Hope the above description on phrasal verbs and its usage helps you communicate effectively. Try to use these phrasal verbs in your daily life. It will help to enhance your vocabulary as well as [spoken English Skills](#) due to which you will able to speak effectively. You can browse through our other related blogs based on different categories of communication skills; it will also enhance your knowledge.

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**- By Chander Madan**

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