strangle /ˈstræŋgəl/ verb

1.to prevent sth from growing or developing

***The Great Euro Crash:***

**Can the dream of an economically united Europe with a single currency survive the extravagance of the past decade and the mountains of debt strangling key countries in the union?**

2.to kill sb by squeezing or pressing on their throat and neck

***Bayley police interview transcript:***

**DETECTIVE: I understand why you don't want to go into the detail. I understand that totally. How did she die?**

**BAYLEY: [Starts to cry] I strangled her.**