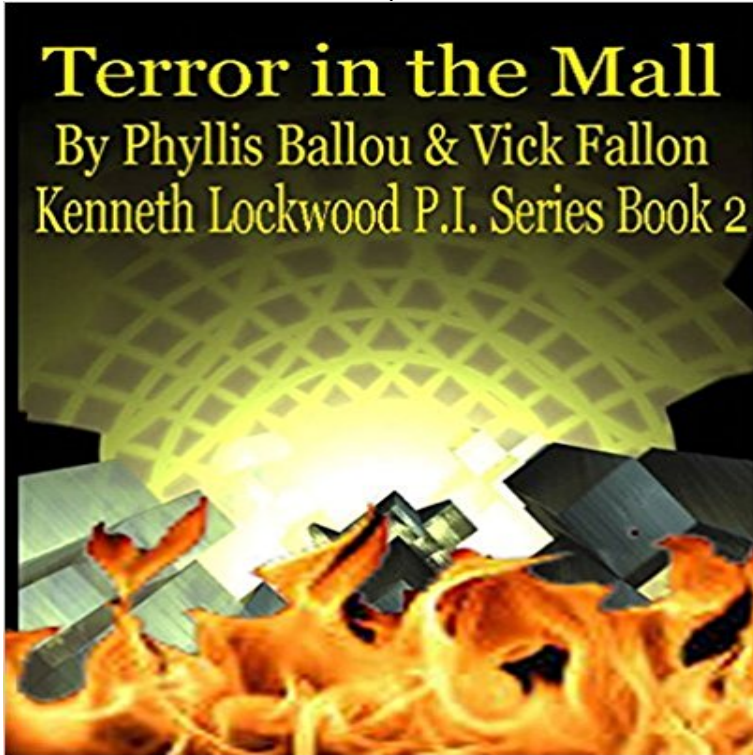


Terror in the Mall (Kenneth Lockwood P. I. series book 2)



When Alicia Townsend met Ken Lockwood in the mall a few months ago, she had no idea that it was a defining moment for both of them: a moment to change their lives forever. In this, the second book in the series, she is kidnapped by the Cougars men and whisked away 65 miles from her home in Richmond, Virginia. They had burst into her front door and knocked down poor Anna who used a Karate kick at the knee of one everybody heard it snap and crack. They retaliated by knocking Anna unconscious. When she awoke, her sweet Alicia was gone, her wheelchair was gone, her lift to put her to bed and take her potty was gone, and some clothes and toiletries were GONE. About an hour before Alicia was being abducted, other of the Cougars men had been attacking Kenneths apartment home in the Shockoe Bottom of Richmonds downtown. The fire fight was so intense that it tore up the building. And the Jamaicans brought their own fire power, so much that there were hundreds of casings littering the hall outside Kens fortified loft apartment. Whew! What a day! Kenneth and Thomas immediately after getting rid of the police, turn every thought to rescuing Alicia. Thomas Frank is a British citizen who was in the SAS and fought in the Falklands conflict. He is highly trained in military tactics and execution of martial arts, but loves being a butler, especially to Kenneth, because he hoped to use his military training in helping him with hi PI work. Kenneth used to be a DEA Agent, but the Cougar ruined that when he shot and paralyzed him. He lost some use of his legs, but with Thomas encouragement, nourishment, and physical training, he is getting stronger every day. And it looks like he is going to need that strength right away. Then Kenneth calls a meeting to lay it all out on the line: They have to move to Florida to chase down the Cougar who has moved to the Tampa Bay

area. They use the Magic Arm to find out what the Cougar has purchased or where he stored his millions. At first they love giving away the Cougars money to charities, but now they will need some to buy a compound where they can live and do their work of taking him out of commission. The two women realize that they cant stay in Richmond, because the Cougars minions could still be waiting to capture or to kill them. Because of what Kenneth and Alicia did to the Cougar in the last book, the Cougar is very angry with them and anyone close to them. So they pack up a few things and move to Florida. And if they have any thoughts that they have known adventure before Florida, all four of them will change their minds quickly. Action and adventure are the watchwords from now on. Others join the four intrepid friends in their work. And it is work to them as they protect and defend the unsuspecting populace of Terror in the Mall. Who is plotting murder and mayhem? Why? Can our faithful four learn in time who wants to kill innocents at Christmas and Why? They cannot tell the authorities because someone in high places is involved in the menacing of American society. What if the Cougar or his cronies have bought-off the police or the FBI! Some say it may involve persons who have Federal authority! Everybody loves a hero. In Terror in the Mall, we have four plus heroes (a huge cast of Thomas friends and military buddies) to join the terror-prevention team! Enjoy humor, sassiness, real friendship and devotion, boat chases and high-stakes fire-fights at sea in the Gulf of Mexico. Kenneth gets his fleet and Thomas gets his Air Force.

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you motivated. She or he will push you beyond your comfort level — something tough to do by yourself. A trainer additionally provides: 1. Guidance on achieving your goals 2. Instruction about fundamental nutrition, cardio and bodybuilding 3. Each week a reason to appear at the gym 4. Accountability 5. Methods to assist monitor your improvement What is a Program Like? Each session typically lasts about an hour. The first meeting is dedicated to assessing body measurements, fitness level, health and workout background and goals. Be ready to step on the scale, have your body fat measured and answer questions that were particular about your goals. After this, you'll spend each session performing cardiovascular exercise, weight-training, flexibility or other activities depending on what your aims are. Your trainer will show you give you tips for getting the most out of each workout, enable you to determine how much weight to use and just how to do the exercises. What to try to find In a Personal Trainer 1. Education: A personal trainer should be accredited through a recognised personal training organization. The more education your trainer has, the better your workouts will be, although a workout science or other related college degree isn't crucial. 2. CPR: your coach should have an updated qualification in CPR and/or firstaid. 3. Experience: Make sure your trainer has expertise, particularly with regards to your goals. As an example, if you are a bodybuilder, you want some body educated in that area. 4. Details: If you've got a particular clinical issue, injury or illness (such as being pregnant, difficulty becoming pregnant, heart troubles, diabetes, etc.) ensure your trainer has education in these fields and communicate with your doctor. 5. A good-listener: A good trainer ensure he comprehends your aims and should listen carefully to what you say. 6. Attention: A good trainer should be targeted only during your sessions on you. 7. Monitoring improvement: A great coach will often assess your progress and alter things if necessary.

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