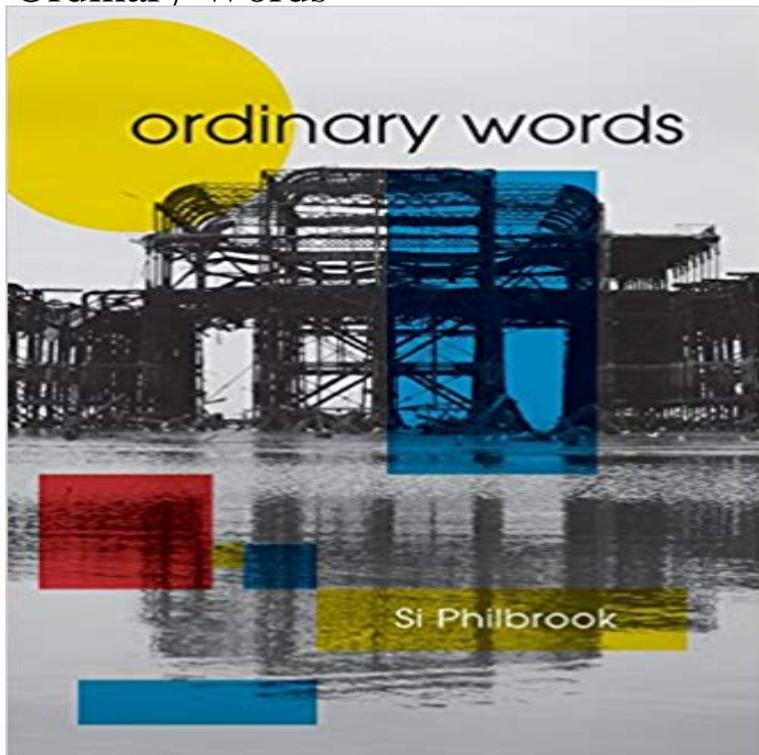


Ordinary Words



About the author Si Philbrook spent twenty years working in the care sector for people with autism. He has also been a chef, a night porter, call centre worker and petrol station attendant. He lives in Brighton, UK. His poetry has been published in collections, journals, e-zines and magazines in the US, Canada, Australia, Ireland and the UK. He was shortlisted for the 2010 Erbacce Poetry Prize. This is his first collection. Reviews Si Philbrook holds a rare voice, one that speaks the joy of discovery and the pain of experience with equal wonder. This is poetry of our times. Kiersty Boon, author of *The Poet Busker* Si Philbrook's poems come with sharpened edges and unadorned utterings. Philbrook's unflinching pen asks us Who will stop this fucking clock. Read it. You will never find a dull moment in this book. Kushal Poddar, author of *The Circus Came To My Island* Si Philbrook manages to continuously paint pictures without materials and deliver the necessary tucked in between so many lines and stanzas. In short, *Ordinary Words* is that gift we always wanted to treat ourselves with. Go on! Gene Barry, author of *Unfinished Business* and organizer of *The Fermoy International Poetry Festival* All there is, all we will remember, Is the gentleness of moment... *Ordinary Words* is none less than extraordinary. Don MacIver, author of *Journeys in Verse* and *A touch of Rose*

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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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