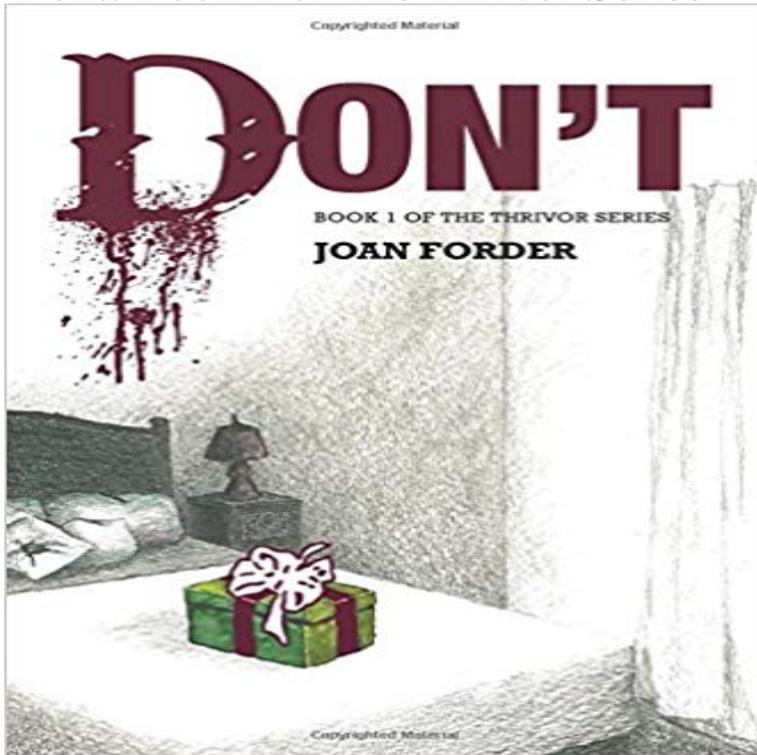


## Dont: Book 1 of The Thrivor Series



**WARNING:** Content may be disturbing for some readers! After surviving a childhood of poverty and abuse, scientist Patricia Rose is finally ready to thrive. Her first novel, *Surviving a Cult Family*, is a huge success and is changing peoples lives but her estranged siblings are less than thrilled and have banded together to sue her for libel. During the twists and turns of this fast paced thriller, Patricias brother Eddies violent behavior escalates, and she discovers many of the horrors in her book were not as fictional as she once believed. After a lifetime of being told, Dont tell, Dont try, and Dont thrive, can Patricia find the strength to set herself free? In *Dont*, the first book of the Thrivor series, Joan Forder takes readers on a thrilling exploration of uncovered secrets, cruelty, manipulation, and how survivors of the same abuse end up in such very different places.

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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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