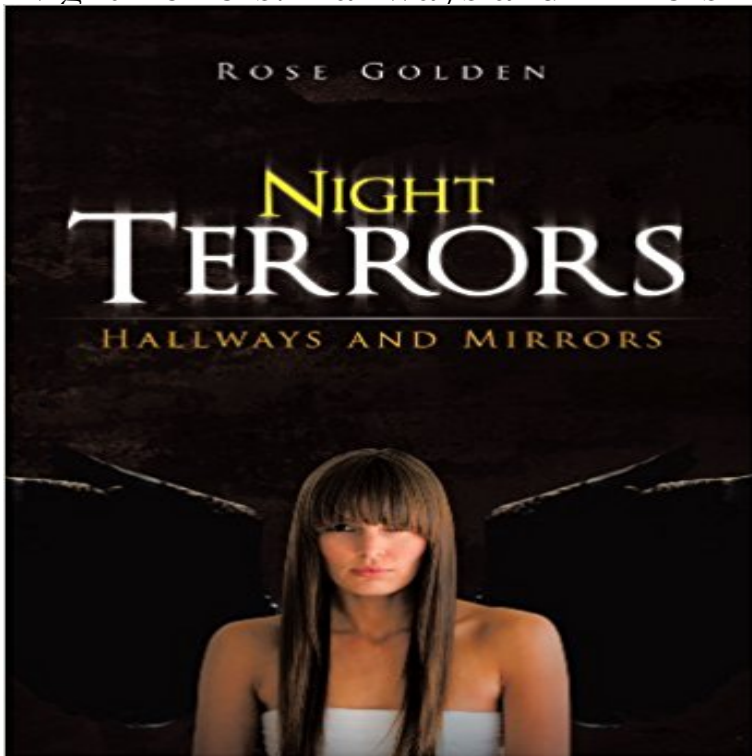


Night Terrors: Hallways and Mirrors



I would wake up in the middle of the night; a cold sweat drenching my sheets, gasping for air, my hands racing defensively to my throat. In these brief moments that followed, I would always realize two things; one: it all had been a nightmare, a terrible nightmare, and two: the three figures standing at the foot of my bed hadn't disappeared with the scenery, they had followed me out. These figures, I knew them too well. Two were men silhouettes and one was female. It wasn't all too surprising how well I knew them, I saw them every night. I would always be running from them in a dark, eerie familiar place. But they would always reach me, pin me down, and begin to choke the life from me. Even after I woke, the pressure around my throat was real and would linger in bruises, and those figures would still be there, staring at me. Doctors called them night terrors. They said they weren't uncommon for children and young teenagers who had recently lost their parents. Only, these started the night of my sixteenth birthday, two weeks before their death.

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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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