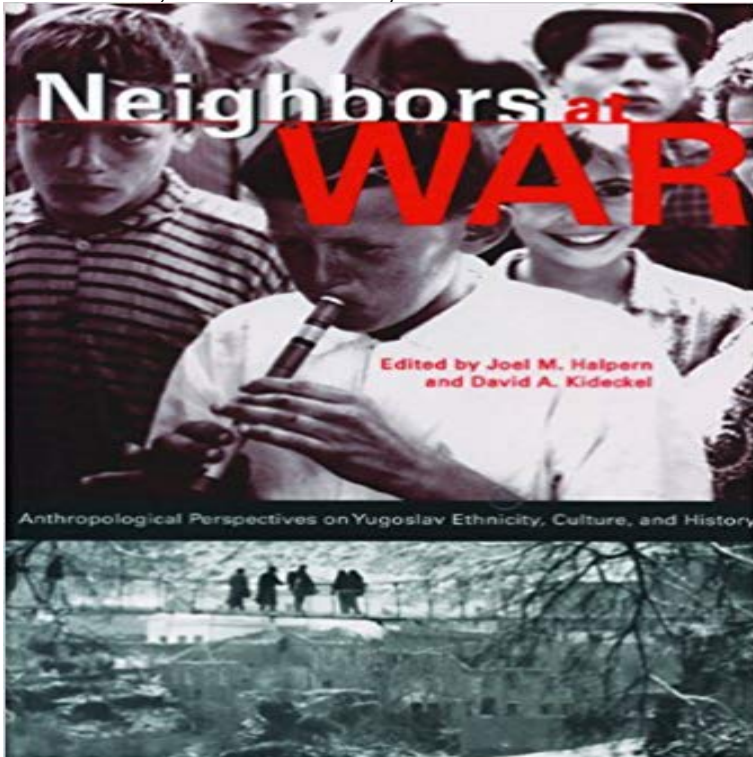


Neighbors at War: Anthropological Perspectives on Yugoslav Ethnicity, Culture, and History



Before the former Yugoslavia was divided by wars, its inhabitants successfully lived side by side in peace. This collection seeks to explain how former neighbors became enemies, with the hope that understanding what drove these peoples apart will help us discover ways for them to coexist in peace again. Contributors analyze political cartoons, psychiatry, the arts, visual media, and law to present a diversity of views on the conflicts in Yugoslavia. While the chapters in this book deal with regional developments, they are not so much focused on politics as they are concerned with how values and attitudes are altered and new identities formed. Thus, this volume goes beyond recent journalistic accounts and should remain relevant for years to come. This book began as a special issue of the journal *Anthropology of East Europe Review*. Most of the contributors to that issue have revised their chapters for this collection, and new chapters have been added, including one on the recent war in Kosovo. Essays range across all of former Yugoslavia, emphasizing the variability and diversity of ethnic relations throughout its history. Contributors are Mart Bax, Brian C. Bennett, Nikolai Botev, Bette Denich, Elinor Despalatovic, Hannes Grandits, Joel M. Halpern, E. A. Hammel, Robert M. Hayden, Goran Jovanovic, Eva V. Huseby-Darvas, David A. Kideckel, Mirjana Lausevic, Lynn D. Maners, Julie Mertus, Robert Gary Minnich, Rajko Mursic, Edit Petrovic, Christian Promitzer, Mirjana Prosic-Dvornic, Janet Reineck, Jonathan Matthew Schwartz, Andrei Simic, and Stevan M. Weiner.

Skip to content [Fitness & Diet Experts](#) [Exercise & Nutrition Matters!](#) [Menu](#) [Home](#) [About Us](#) [Terms and Conditions](#) [Privacy Policy](#) [Contact Us](#) [Personal Trainers & Bodybuilding](#) [Choosing a Personal Trainer\(Personal Trainers & Bodybuilding\)](#) [Why a trainer might be appropriate for you](#) [Selecting a personal trainer](#) may be a step in the direction that is right if you desire to lose weight, get healthy and/or build muscle. A great coach can assist you to set up a plan that meets your aims and educate you the greatest way to exercise. Finding and selecting a trainer may be daunting a bit confusing and, for some. It is challenging going in with extra information about how fitness works can allow it to be a little simpler, although requesting assistance. (Personal Trainers) [What is a Personal Trainer?](#) A personal trainer should

be, at the very least, educated and certified through a recognised fitness organization (see below). This individual's job will be to assess your level of fitness, figure out what your aims are (or help you establish targets) create a plan and keep 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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