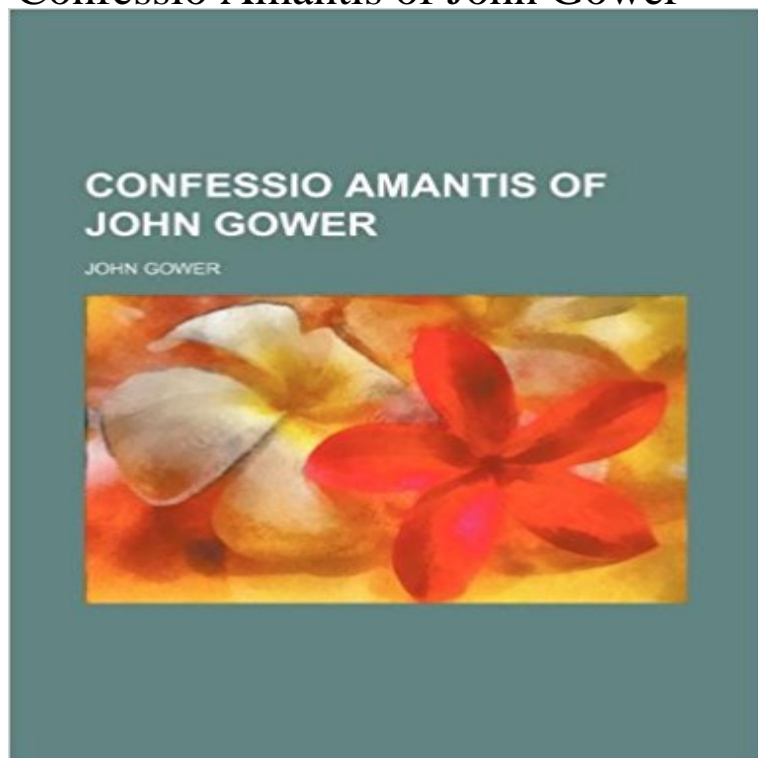


Confessio Amantis of John Gower



This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1857 Excerpt: ...To helpe it forth and make it riche, And forthy men it delve and diche And eren it with strength of plough, Wher it hath of him self inough So that his nede is ate leste. For every man, birde and beste Of flour and gras and roote and rinde And every thing by way of kinde Shall sterve, and erthe it shall become, As it was out of erthe the nome It shall to therthe torne ayein. And thus I may by resson sein That erthe is most nedeles And most men helpe it netheles, So that, my lord, touchend of this I have answerde how that it is. That other point I understood, Which most is worth and most is good And costeth lest a man to kepe,. My lorde, if ye woll take kepe, P) I say it is humilite, Through whiche the high Trjnite As for deserte of pure love Unto Marie from above Of that he knewe her humble entente His owne sone adown he sente Above all other, and her he chese For tVigt verju whichjyk pff So that I may by reson calle Humilite most worthe of alle, And lest it costeth to mainteine In all the worlde, as it is seine. For who that hath humblesse on honde He bringeth no werres into londe, For he desireth for the best To setten every man in reste. Thus with your highe reverence Me thenketh that this evidence As to this point is suffifaunt. And touchend of the remenaunt, Whiche is the thridde of your axinges, What lest is worth of alle thinges 3 And costeth most, I telle it pride, Which may nought in the heven abide. For Lucifer with hem that felle Bar pride with him into helle. There was pride of to grete cost, Whan he for pride hath heven lost, And after that in paradise Adam for pride lost his prise In middel-erth. And eke also Pride is the cause of alle wo, That all the world ne may suffise To staunche of pride the reprise. Pride is the heved of all

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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