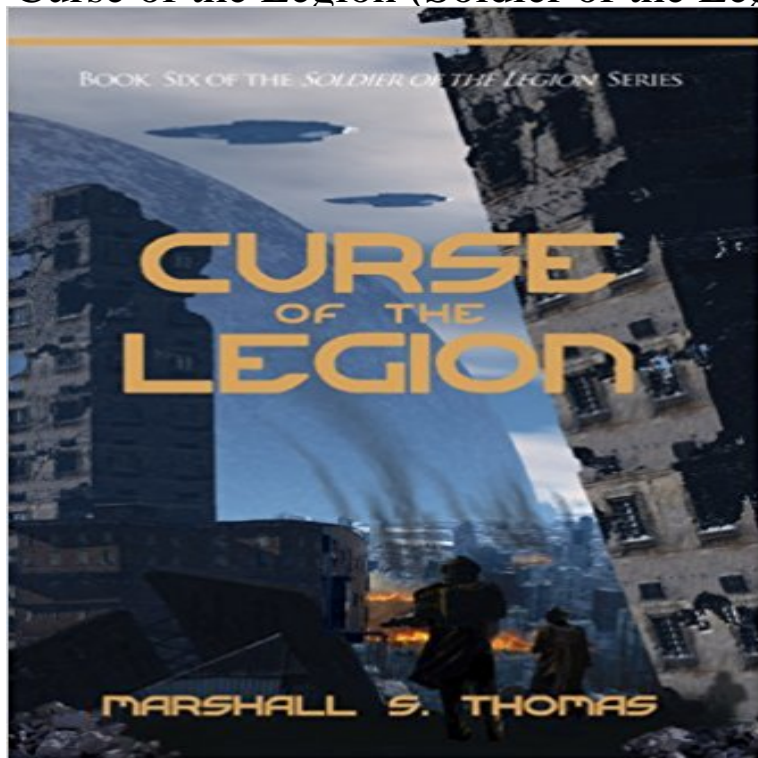


## Curse of the Legion (Soldier of the Legion Book 6)



WHAT DO YOU OWE THE FUTURE, AND WHAT DO YOU OWE THE PAST? With the hated totalitarian System on the verge of collapse and the dreaded alien Omnis observing an unexpected truce, veteran soldier of the Legion Thinker has finally found happiness with his wife Priestess in a cozy home raising his children and teaching new Legion recruits. It is a dream he never thought possible, a haven of peace and comfort. It is also short-lived, as a savage massacre of Outworlder settlers on the Outvac planet Fortuna leads the Confederation of Free Worlds to all out war with the Gassies world Asumara. Only not everything is as it appears, and soon the Legion finds itself fighting for the survival of its civilization against a shadowy enemy willing to do the unthinkable to destroy ConFree. Return to the Legion for this final chapter of the Soldier of the Legion Series. ABOUT THE SERIES Soldier of the Legion is an action-packed, fast-paced science fiction series in the tradition of Starship Troopers. It chronicles the adventures of a squad of young soldiers dedicated to honor and duty who stand as the only shield to save humankind from those bent on their destruction. Im a little sad to see this excellent sci fi series end. Ive fought horrific battles with the characters, visited frightening or beautiful worlds, stood my ground with them as life exploded in flames around them, and watched them mature through every harrowing assignment. With skill and compassion, the author brought these characters to life for me. Ill miss these courageous Legion immortals, forever young and strong as they seek truth and justice throughout the known universe. Midwest Book Review BOOKS IN THE SOLDIER OF THE LEGION SERIES Solider of the Legion March of the Legion Slave of the Legion Secret of the Legion Cross of the Legion Curse of the Legion More

information can be found at: [www.soldierofthelegion.com](http://www.soldierofthelegion.com)  
**ABOUT THE AUTHOR** Marshall S. Thomas is a retired U.S. Government official who served overseas in East Asia for most of his 35 year career. Marshall attended the Georgetown University School of Foreign Service, the University of New Mexico and the University of Miami with a major in Government/International Affairs and a minor in History. Marshall currently lives in Williamsburg, Virginia with his wife Kim Lien. His youngest son Alexander, 22, is now in college studying biochemistry. His eldest son Christopher is a graduate of Radford University who studied art and graphic design. Marshall loves to write, and especially enjoys writing science fiction. He is a member of the Virginia Writers Club, Goodreads, the Authors Den, and C.E. Winterlands Mindsight Forum.  
**AWARDS** 2010 Foreword Magazine Book of the Year Finalist for Science Fiction (Curse of the Legion) 2009 Foreword Magazine Book of the Year Finalist for Science Fiction (Cross of the Legion) 2003 IBPA Ben Franklin Award Finalist for Popular Fiction (Soldier of the Legion) 2002 Foreword Magazine Book of the Year Finalist for Science Fiction (Soldier of the Legion)

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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