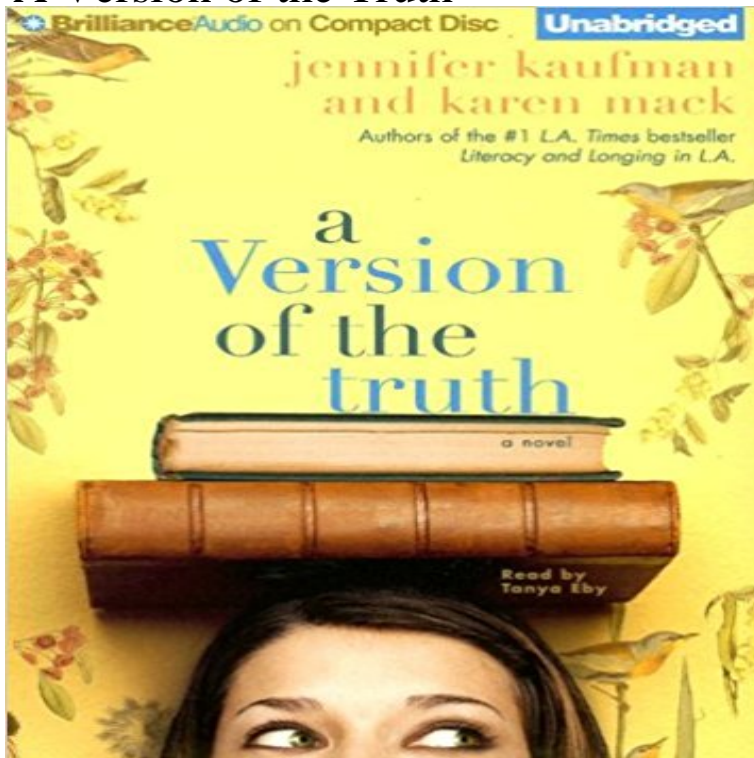


A Version of the Truth



In the wilds of Topanga Canyon, Cassie Shaw is right at home?with the call of birds, the sound of wind in the trees, the harmony of a world without people. But everywhere else, life is a little harder for Cassie. Her mother believes in Big Foot. Her wisecracking pet parrot is a drama queen. And at the age of thirty, newly single and without a college degree, Cassie desperately needs a decent paycheck. Which is why, against all her principles, she lies on her resume for an office job at an elite university?and then finds herself employed in academia by two professors who are as rare as the birds she covets. One of her new bosses is Professor William Conner, a sexy, handsome, cheerfully aristocratic expert in animal behavior. Soon, under Conners charismatic tutelage, Cassie carefully begins her personal transformation while meeting the kind of people who dont flock to wildlife preserves?from impossibly brilliant academics to adorably spoiled college boys. But her future?and unlikely new career?is teetering on one unbearable untruth. And Cassies masquerade is about to come undone in a chain of events that will transform her life?and the lives of those around her?forever. A novel for late bloomers of every exotic shade and stripe, A Version of the Truth is pure entertainment?at once hilarious and wry, lyrical, and uplifting.

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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