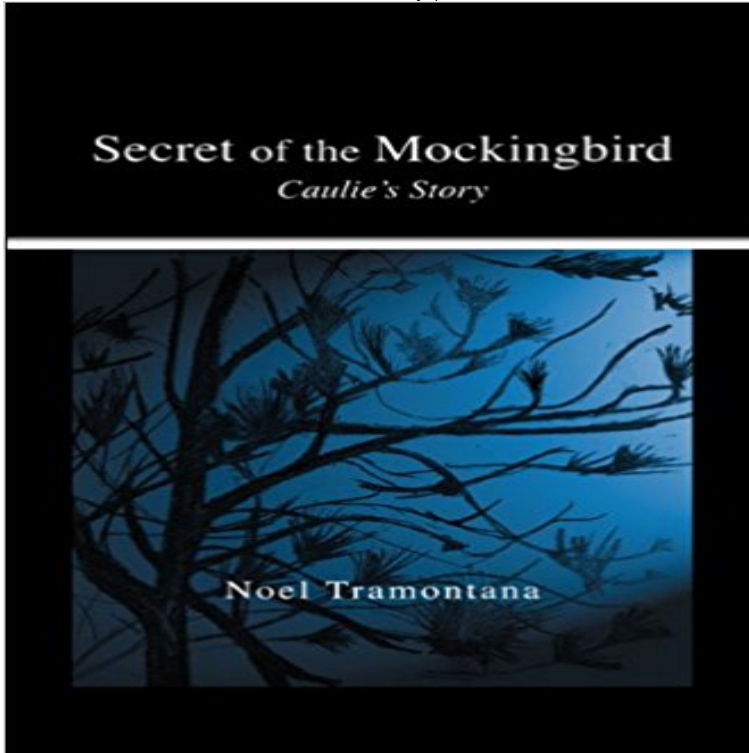


Secret of the Mockingbird: Caulies Story



On a moonlit night in Georgia, on the porch of their modest trailer home, Caulie McClure finds the body of her husband, Aubrey. He is slumped in his favorite rocking chair, his blood-spattered guitar resting in his lap. Aubrey has apparently taken his own life. There is no note. Bewildered, hurt and angry, Caulie sets out to find the reason for Aubrey's death. In imaginary talks with a famous talk show host, Caulie pours out her story—the insecurity that has plagued her all her life, the adultery that almost ruined her marriage, the loving but hard-scrabble life she and Aubrey shared, the erosion of her faith in Aubrey's talent, and finally the suicide that left her with nothing but questions. But Caulie learns that nothing is ever as it seems, and she discovers a secret that even Aubrey never knew.

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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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