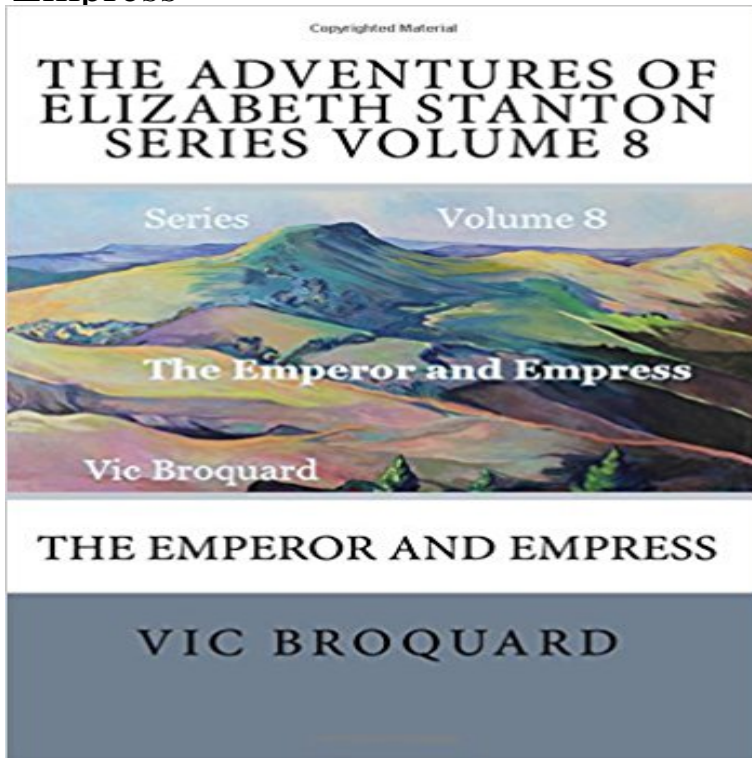


The Adventures of Elizabeth Stanton Series Volume 8 The Emperor and Empress



This series of thirteen books shows the evolution over time of both societies and human aberrations, caused in no small part by the direct control of three different groups of aliens. The premise is that people are spiritual beings that inhabit physical bodies and have minds. Further, traumas block memories of past lives as well as inhibiting recall of previous lives and dictate in some measures the persons behavior in their current lifetime. The aliens aid in the forgetting process by latching onto the spiritual being whose current body has just died, electronically zapping them, scrambling and altering the memories in their mind, and then implanting commands to be obeyed in the next lifetime, such as You are no good, You are worthless, and You are stupid. Thus the commands buried in these moments of pain and unconsciousness impact the persons next lifetime; the person will believe utterly that they are no good or that they are completely worthless or that they are incredibly stupid. Through the thirteen novels, Elizabeth Stanton and her group discover what is actually happening on their world of Tarra. Namely, the aliens created Tarra as a dumping ground for all their own spiritual beings that they found objectionable in their societies those who upset their societies: scientists, revolutionaries, artists, great thinkers, and of course criminals. Thus, these three different alien societies dumped these unwanted beings on Tarra, their penal colony, forcing the beings into physical bodies with enough traumas so that the beings could not leave the bodies (until it died), were convinced that they were nothing more than a physical body, and could not remember their previous lives. Stanton and her group reverse all of this over many hundreds of years, drive out the aliens, and develop a therapy to undo this horrific damage to the people, set against the long term evolution of the many

societies on Tarra. This is the eighth novel in the Elizabeth Stanton series. Although all is finally calm in the Sea Princes, it is not elsewhere. Ancient prophecies come to the forefront, causing her to take preventative measures. She picks up her new baby body down in one of the newly discovered lands. Not just any baby, the one of which the prophecies claim will become the Empress of Demokritos, the country deigned to soon conquer the entire world, subjugating it to the Emperors will. This, she cannot allow to happen, it would mean the destruction of everything, including the freeing of all spiritual beings. She does become the foretold Empress. Now she must work behind the scenes to prevent the Emperor from attacking her own family from last lifetime, who live in the Zargarb sector of the Sea Princes. Follow the intricate means by which, though nearly helpless, she manages to salvage the Emperor from his folly and save all of Tarra from being destroyed in massive wars.

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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