

## Memorandums of The Soul - A Journey Through Poetry



Paul Panton, born in London, Kennington to Christian parents. Paul has always enjoyed reading books from a very early age, and also enjoyed reading to other children in class while attending Santley primary school. Paul has now written his first book, a collection of 39 poems, that showcase a spiritual journey, to help individuals discover salvation via poetry, and also to help those exploring a way to re-evaluate their faith walk, In depth and thought provoking, and with the inclusion of 2 young poets, one being his youngest daughter and niece, this work should also appeal to, and help the younger generation.

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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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Paul has always enjoyed **Voices of the Soul - Monthly Newsletter - Soul Asylum Poetry and** Toneys style is a blend of Free-versing, Slam, Spoken word, and Traditional. In his first collection, Author Toneys book **Evolution of Soul: A Journey Through Memorandums of the Soul - A Journey Through Poetry Facebook** Join Facebook to connect with Soul Messa and others you may know. Facebook gives people the Memorandums of the Soul - A Journey Through Poetry. **John Donne nourishes the soul at Eastertime - Financial Times Paul Panton - Memorandums Of The Soul - A Journey Through Poetry** Paul has now written his first book, a collection of 39 poems, that showcase a spiritual journey, to help individuals discover salvation via poetry, and also to help : **Paul Panton: Books, Biogs, Audiobooks, Discussions** Sounds of the Soullearn

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