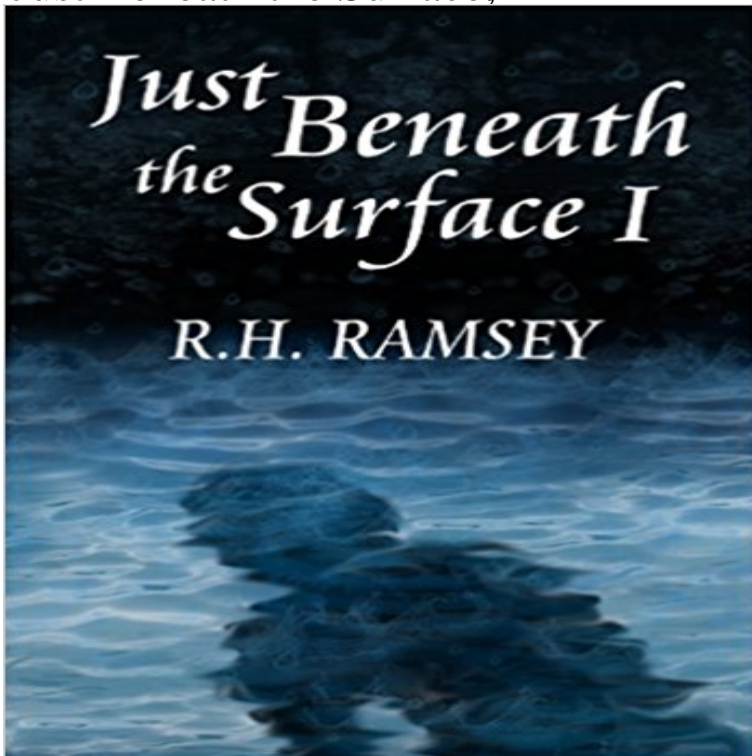


Just Beneath the Surface, I



His fingertips began apologizing, grazing over my cheeks. He closed his eyes and stepped toward me until our bodies touched. He kept walking toward me until we were both against the wall. He then buried his face in my blouse as he began to weep. Im so sorry, he whimpered. Do you understand me? Im so, so sorry. He held my face in his hands. My heart pounded. My chest hurt. How could I go? But how could I possibly stay? When Kendall Berkely takes a look in the mirror, she not only desperately wants to run away from the stranger staring back at her, she also knows that her days are numbered. She can feel it in her bones, and has the bruises to prove it. To make matters worse, Kendall will soon discover that her seventeen year old daughter, Diamond is on a path nearly just as dangerous. After the demise of the family unit she once knew, a distracted mother, and being forced to accept a new stepfather, Diamond finds herself knee deep in a multitude of mistakes. When Diamond finds herself more lonely than ever before, she crosses paths with Bobby Lidell, a teachers aide with a dark side .. But what is lurking in the shadows will not stop until a vow has been kept; what is lurking just beneath the surface will come seeking revenge.

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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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