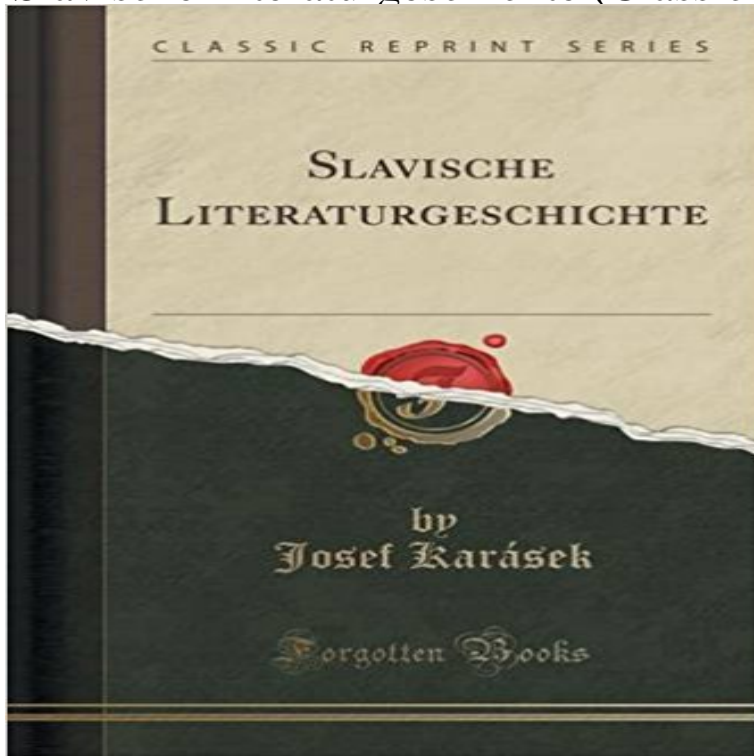


## Slavische Literaturgeschichte (Classic Reprint) (German Edition)



Excerpt from Slavische Literaturgeschichte Europa hatte die große Revolution überstanden; ein Emporkömmling hatte sich zum allmächtigen Kaiser emporgeschwungen. Das zerrissene Polenreich war eine Zeitlang in seinem Kerne erneuert. Wiewohl das Herzogtum Warschau wieder zerstört wurde, ging es den Polen unter der russischen Herrschaft in nationaler Hinsicht gut. Allein die Gelehrte Gesellschaft, die aus aufgeklärten Männern bestand, konnte dem gefährlichen Theoretisieren überspannter Köpfe, die überflüssigeweise die guten Absichten des russischen Zaren kreuzten, nicht wehren. Der falsche Klassizismus lag in den letzten Zügen und die Sucht nach Fremdwörtern war im Absterben. Die polnischen Legionen, die in ganz Europa kämpften, lernten daselbst neue Menschen und neue kulturelle Verhältnisse kennen. Die polnische Adelsgesellschaft mußte sich zur duldsameren Auffassung der demokratischen Formen durcharbeiten. Der verknocherte Klassizismus wurde durch aufreuerischen Romantismus ersetzt und der deutsche Idealismus fand Eingang in das katholische Polen. Auch im Drama waren die Polen bestrebt, sich dem Einflusse Molières und der Franzosen überhaupt zu entziehen, allem dies gelang ihnen doch nicht ganz; Graf Fredro (1793 - 1876) schuf eine Reihe von Typen, die von der polnischen Bühne nicht verschwanden. In der Literatur betätigten sich einige Demokraten, die ihr frische Saft zuführen; Helden mit Byronischen Grundsätzen durften nicht mehr pathetisch einherschreiten und die mächtige Adelherrschaft feiern. About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books. Find more at [www.forgottenbooks.com](http://www.forgottenbooks.com) This book is a reproduction of an important historical work. Forgotten Books uses state-of-the-art

technology to digitally reconstruct the work, preserving the original format whilst repairing imperfections present in the aged copy. In rare cases, an imperfection in the original, such as a blemish or missing page, may be replicated in our edition. We do, however, repair the vast majority of imperfections successfully; any imperfections that remain are intentionally left to preserve the state of such historical works.

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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