

## The Elder Origins Box Set (Season 1): Novelettes



Get all three books in The Elder Origins season one trilogy at a great low price! Book I: THE ELDER ORIGINS The 14th century. The Hundred Years War. The Black Death. The Beginning of Vampires. Madisons home has been destroyed by a deadly attack by the French army. She has no choice but to follow her brother Jamison to the New World in search of new lands untouched by war, famine, and disease. One problem. The Native Americans foresaw the coming of the white man long before they ever arrived. And they have no intentions of letting Europeans discover their lands. Book II: EXILE You can go home again, but it will never be the way you remember it. Madison has survived the attack from the Vam-pyr-ei-ak tribe. Finding herself in the hands of a healer from a neighboring Sioux tribe, she learns how to control her thirst. And to her shock, she doesnt have to do it alone. Jayden has survived the attack as well. But Jayden has no intentions of living out his life among the Sioux. Nothing and no one will stop him from returning to England. Seeing no other choice for herself, Madison joins him. Never would she have expected that England would be fighting its own battle against a peculiar and unstoppable plague. The Black Death. Book III: ENCOUNTERS The truth does not always set you free. The Black Death has taken over the entire European continent. Madison and Jayden have traveled far and wide, witnessing its destruction everywhere they went. Now a way of defeating it has been discovered. And it appears, they are not alone as they previously suspected. Although, there are some people who never desire to be found.

Bre Faucheuxs exciting novella series, THE ELDER ORIGINS is a historical fantasy with sinister blends of medieval warfare, young love, Native American legend, and vampire lore that will excite anyone with a taste for the macabre and

alternate versions of history.

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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