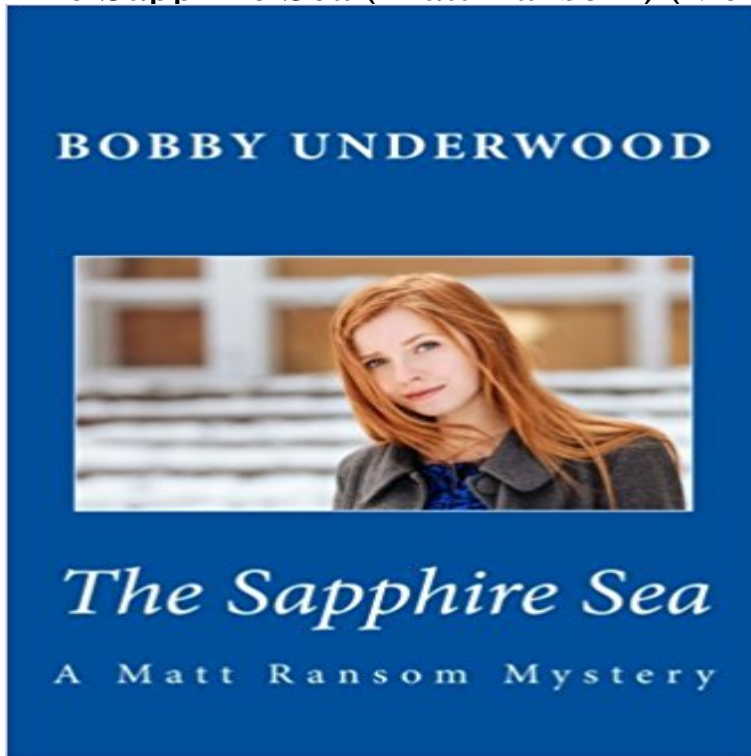


The Sapphire Sea (Matt Ransom) (Volume 8)



With its sexy mix of thrilling action and tangible sensuality, and a willingness to tackle subjects such as abuse and incest, suicide and faith within an entertaining sci-fi/mystery series often focused on global conspiracies in a world devoid of real love, *The Sapphire Sea* might just be the finest and most entertaining entry yet in the Matt Ransom canon. Big and sprawling there are over thirty pivotal and recurring characters yet almost uncomfortably intimate at times, the world of Matt Ransom is both intoxicating and addictive. By the seventh entry the world of Matt Ransom had moved from a dystopian Earth to one nearly fully recovered. In the previous entry, *A Matt Ransom Christmas*, readers were treated to intrigue as well as an ode to that most cherished of holidays. A startling story-line began to emerge that promised to rock this world to its foundations. That promise is fulfilled in *The Sapphire Sea*, a morally and sensually complex tearing down of everything readers thought they understood about this world. *The Sapphire Sea* remains true to all the intricate story-lines which preceded it, not to mention those all-important relationships, yet takes this most unique series in new and fresh directions. A Matt Ransom entry with one poignant moment after another, more achingly sensual encounters than can be counted, and a thrilling revenge and conspiracy story which moves like lightning despite being interwoven with the moral quandary Matt finds himself facing. *The Sapphire Sea* is the most ambitious Matt Ransom entry to date, which is saying a great deal. Stunning and heartbreaking, this one is so shocking, readers will find themselves asking: Did that just happen? A lot does happen here that could not have been anticipated by readers, including some deeply moving departures of beloved characters. A tearful yet uplifting ending make this one of the most memorable entries in the entire Matt

Ransom canon. Not to worry, however, because a truly unsettling epilog suggests that what happens between the covers of The Sapphire Sea will have far-reaching consequences at some future point in the Matt Ransom world. A brave entry in the series, which while keeping all the elements that make it so beloved, changes everything and nothing at the same time. Not only a must-read entry in the series, but one which might need to be read twice, just to be certain what we thought happened, actually did happen.

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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