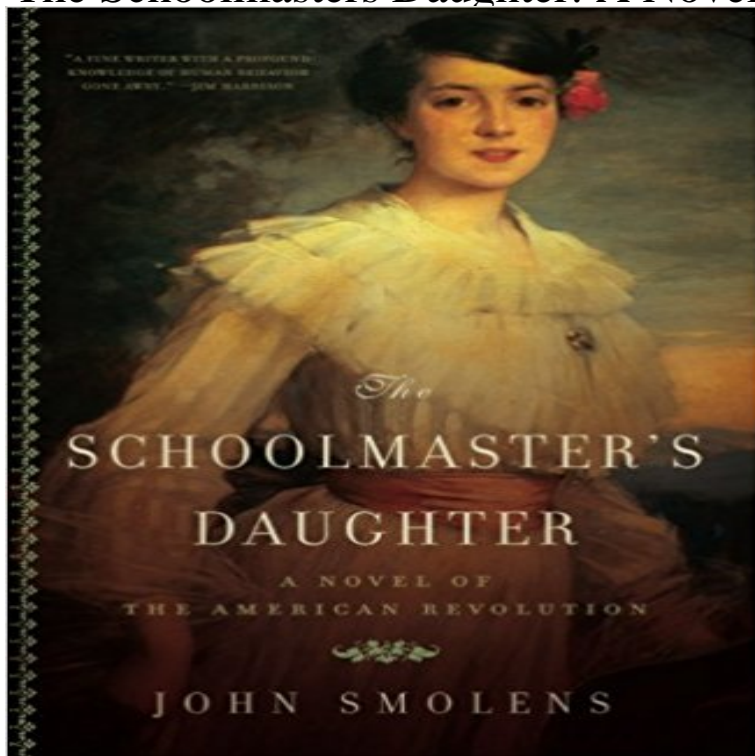


The Schoolmasters Daughter: A Novel of the American Revolution



From the critically acclaimed author of *The Anarchist* and *The Invisible World*, an astonishing historical novel set during the American Revolution. With the outbreak of the American Revolution, Abigail Lovells' family is torn apart while her schoolmaster father is an outspoken loyalist, she and her two brothers engage in acts of espionage to undermine the British in Boston. Her sickly older brother, James, operates the patriots' spy ring. Abigail acts as a courier, eluding increasingly aggressive British patrols and her younger brother, Benjamin, slips out of Boston to fight alongside Abigail's love, Ezra, in the battles at Lexington and Concord. With the help of her friend, Rachel Revere, Abigail smuggles money and supplies out to her brother, Ezra, and Rachel's brother, Paul. But when a British sergeant is found murdered, Abigail stands accused and, in possession of valuable intercepted information, she now must fight to save herself and those she loves. In the tradition of *Rose and Girl with the Pearl Earring*, *The Schoolmaster's Daughter* is the story of a family torn asunder and a determined young woman who makes courageous sacrifices for her country.

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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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