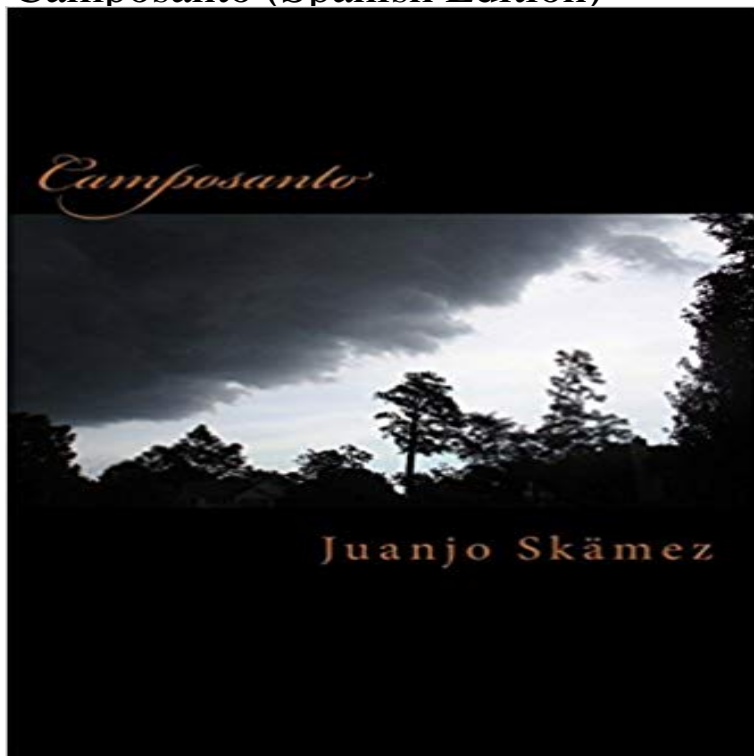


Camposanto (Spanish Edition)



Camposanto es la tercera entrega de la serie de reediciones que he querido crear y compartir con todos vosotros. Incluye los poemarios Abecetario, La razon de mi silencio y Reflexiones desde mi tumba, que originalmente aparecieron en Recuerdos que me lleve a la tumba, obra que vio la luz en junio de 2012. Se trata de un total de 90 poemas creados entre el continente europeo y el americano, entre la ambicion de querer innovar y madurar en las letras y el gozo de poder disfrutar, al fin, de un premio tan merecido como el que obtuvo, en 2011, Entre motas y guijarros. Entre los principales rasgos que no quise dejar de lado, pese a la evidente evolucion, esta el juego linguistico (Abecetario), el homenaje a mis raices musicales, y en especial al grupo que me ha marcado en todo momento, Heroes del Silencio, y el lado oscuro y funebre que acompaña siempre a mis letras. Se presento como el primer trabajo inedito que realizaba desde 2007 y, pese a llenarme mucho mientras lo realizaba, no acabe de disfrutarlo en su dia como creo que se lo merece. Por mi parte, nada mas que invitaros a dejaros sumergir en estos poemarios, ir descubriendo los secretos que esconde cada uno de sus versos y disfrutarlos como lo hare yo mismo en esta segunda oportunidad que le concedo. Juanjo Skamez, autor de Camposanto

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

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