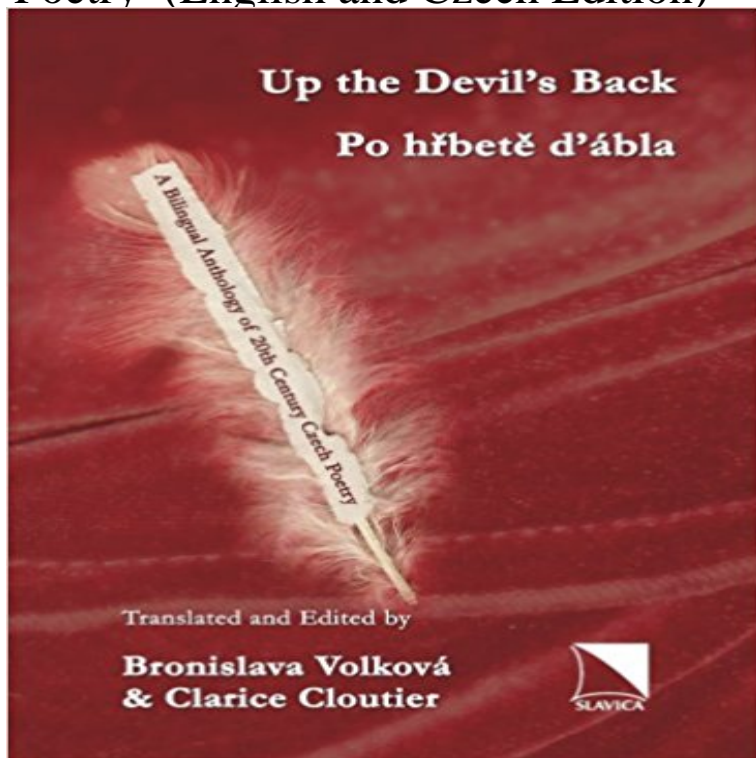


Up the Devils Back: A Bilingual Anthology of 20th-Century Czech Poetry (English and Czech Edition)



Up the Devils Back: An Anthology of 20th-Century Czech Poetry presents 65 selected Czech poets in English translation, together with their biographies. Co-translated and edited by Bronislava Volkova (Professor of Czech literature, Comparative literature, and Jewish studies at Indiana University) and Clarice Cloutier (Professor of Central European literature and culture at New York University [Prague campus] and Lecturer at Charles University, Prague), this volume seeks to give a sense of the evolution undergone by Czech poetry throughout the decades. Beginning with the Symbolism and Decadence of the 1890s and ending with the most recent generations, this collection explores the remarkable breadth of literary approaches to the pervasive themes of the 20th century. Featuring renowned poets such as Seifert, Brezina, and Holub, in addition to poets who have not received well-deserved attention, Up the Devils Back compiles female poets alongside males and exiled authors together with those who remained in the Czech Republic under the totalitarian regime. Whether used in the classroom, by travelers to the Czech Republic, or as a coffee-table companion, this anthology serves as a resource for scholars in Slavic studies, an accompaniment to those in comparative literature, and a guide for all into one of Central Europe's literary storehouses.

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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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