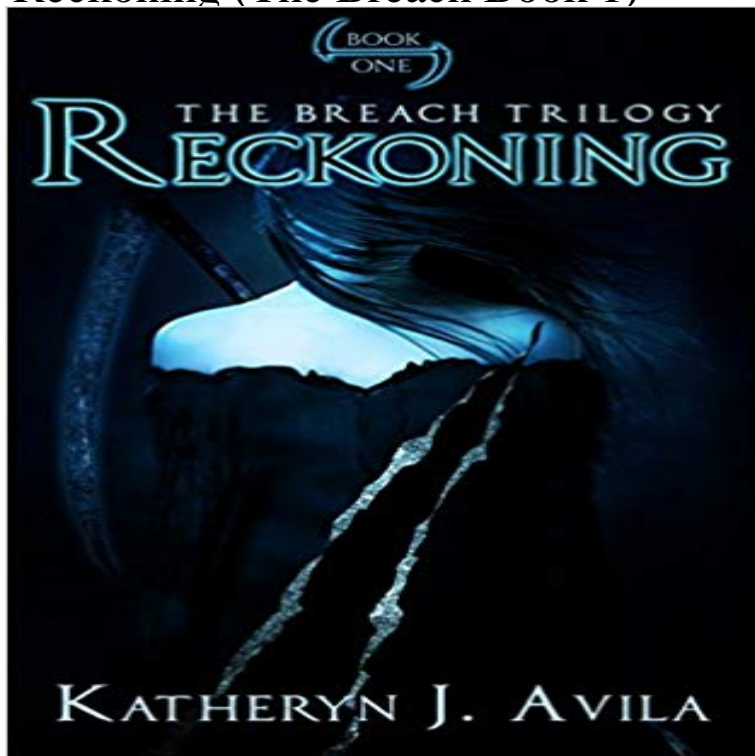


Reckoning (The Breach Book 1)



Its just in your imagination, her parents said. It isnt until after her parents die that Lexia discovers a secret they did everything to keep from her - that she has supernatural abilities. Her reality is shattered and rewritten with this knowledge, the trauma triggering the powers her parents tried for so long to suppress. With the help of her new family - an aunt she didnt know she had and a pair of twin cousins - Lexia embraces the change and her aunts training as a coping mechanism, with all the enthusiasm she can muster. Years later, as a reporter for a local newspaper, her exposure to the supernatural takes a dark turn when she finds herself involved in a series of seemingly random, bloody murders. Lexia discovers the murders are being committed by demons and, faced with the possibility of becoming a target, does everything she can to keep her family safe - even if it means becoming more involved in the supernatural than shed like. In the struggle to keep her family safe, Lexia learns more than she bargained for as she delves deeper into a supernatural war dating back to before she was born.

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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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