

The Confession of a Child of the Century

**THE CONFESSIONS OF A CHILD
OF THE CENTURY**

Alfred de Musset

Excerpt: ...my hand in hers, and kissed my forehead. Yes, it must be, she murmured, it must be. It must be, I repeated to myself. I arose. On the table there remained only one piece of paper that Brigitte was examining. She picked it up, then allowed it to drop to the floor. Is that all? I asked. Yes, that is all. When I ordered the horses I had no idea that we would really go, I wished merely to make a trial, but circumstances bid fair to force me to carry my plans farther than I at first intended. I opened the door. It must be! I said to myself. It must be! I repeated aloud. What do you mean by that, Brigitte? What is there in those words that I do not understand? Explain yourself, or I will not go. Why must you love me? She fell on the sofa and wrung her hands in grief. Ah! Unhappy man! she cried, you will never know how to love! Yes, I think you are right, but, before God, I know how to suffer. You must love me, must you not? Very well, then you must answer me. Were I to lose you forever, were these walls to crumble over my head, I will not leave this spot until I have solved the mystery that has been torturing me for more than a month. Speak, or I will leave you. I may be a fool who destroys his own happiness; I may be demanding something that is not for me to possess; it may be that an explanation will separate us and raise before me an insurmountable barrier, which will render our tour, on which I have set my heart, impossible; whatever it may cost you and me, you shall speak or I will renounce everything. No, I will not speak. You will speak! Do you fondly imagine I am the dupe of your lies? When I see you change between morning and evening until you differ more from your natural self than does night from day, do you think I am deceived? When you give me as a cause some letters that are not worth the trouble of reading, do you imagine that I am to be put off with the first pretext that comes to hand because you do not choose to...

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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