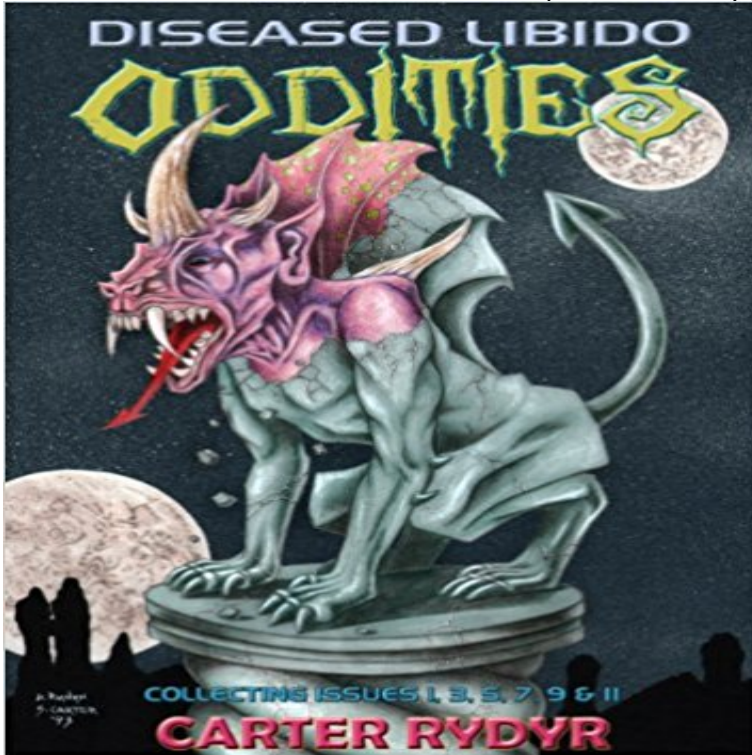


Diseased Libido - Oddities (Collecting Issues 1, 3, 5, 7, 9 & 11)



Diseased Libido is an anthology of warped speculative fiction stories encompassing horror, science fiction, fantasy, crime, satire and the bizarre ranging from the mild to the extreme. This volume collects all six Odd numbered issues and includes: Unsafe Sex It rode in on the waves. Nobody knew what it was. It was small but strong and once it got a hold of you it burrowed deep inside you infecting your mind, body and soul, turning you into a slaving nymphomaniac to propagate its species. The Quest for the Great White Queen. In deepest, darkest Africa an explorer searches for the legendary Great White Queen, who presides over a tribe of aggressive warriors. After undergoing a series of torturous ordeals his quest is rewarded but what he discovers brings him to the brink of insanity. Death on the Highway. On a desolate highway, in a post apocalyptic world terrorized by mutant gangs, two old friends set out on a long and foreboding journey. Seeking a safer life in a more civilized environment they, instead, encounter soul-destroying horror as their dark, tragic past catches up with them. Earth Enslaved Earth has been enslaved by a bloodthirsty race of warlike aliens who pit desperate humans against their most popular champions in the arena for a promise of freedom. Endangered Species The ambitious Lady Judith and her young pledge, Sandra, embark into the untamed wilderness on a ceremonial hunt to acquire a prestigious sexual trophy. And many more strange and surreal tales - For Mature Readers. Apart from the Diseased Libido anthology series, other titles by Carter Rydyr include: Hostile Earth - Special Delivery Hostile Earth - Recreation & Grrrl Sisterhood of the Serpent Jungle Ghoul Goddess (Alien Eden) Attack of the Gorlocks (Alien Eden) Quahbi (Alien Eden) Raw Recruit (Welcome to the Hellhole) Raw Recruit - Operation: Rabbitfire Pain Pigs Progress Book

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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