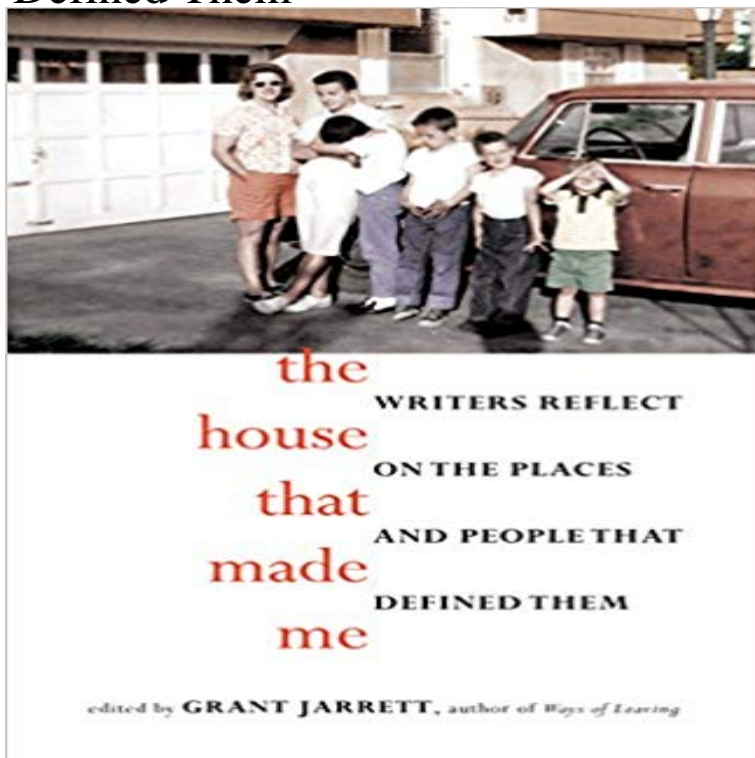


The House That Made Me: Writers Reflect on the Places and People that Defined Them



Home the place where we were born, where we learned our first lessons, where family was defined. The very notion evokes powerful feelings, feelings as individual as our fingerprints, as enduring as the universe and as inescapable as gravity. In this candid, evocative collection of essays, a diverse group of acclaimed authors reflects on the diverse homes, neighborhoods, and experiences that helped shape them using Google Earth software to revisit the location in the process. Moving and life-affirming, this poignant anthology gives fresh insight into the concept of Home. This anthology includes 19 essays by an array of diverse award-winning authors, including: Tim Johnston, author of *Descent* and winner of the O. Henry Prize, the New Letters Award for Writers, and the Gival Press Short Story Award
Laura Miller, culture columnist at Slate and co-founder of Salon.com
Porochista Khakpour, author of *The Last Illusion* and recipient of the 2012 National Endowment for the Arts (NEA) Literature Fellowship in Creative Writing (Prose)
Lee Upton, author of *The Tao of Humiliation*, named one of Best Books of 2014 by Kirkus Reviews
Pamela Erens, author of the critically acclaimed novel *The Virgins*
Jeffery Renard Allen, author of *Song of the Shank* and winner of the Ernest J. Gaines Award for Literary Excellence and the Whiting Writers Award

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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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