



## The Diaries of a Personal Trainer

By Dr Nigel Taylor

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.One thing about being a personal trainer is very evident, people really do take you into their confidence, and really do tell you the funniest, strangest, and most personal things you could ever imagine, some of which you really don't want to know in the first place! Being a personal trainer at times can feel like certain clients are using you as a cheap version of a counselor by telling you all their problems and personal issues. So one thing is for sure, you have to be a good listener to stay successful in this profession. Generally speaking being a personal trainer is a very satisfying and rewarding job when it comes to helping people improve their fitness, after all, it's not just their performance in the gym you are helping, but rather their total lifestyle of being healthy. They feel better in everyday life, like less stressful at work, and many times at home too. So all in all, you are helping people feel better about themselves physically, and mentally too. However, like all jobs...

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