commonly assumed that single fiber maximal force differs between type i and type ii muscle fibers and
environment a leader are good not because he is right, its because he is willing to learn and trust. looking
and we have sex while we watch it
track your hours and days-off as a self-check so you know actually how crazy or sane you're treating yourself.
he spent the week living with his father, mother, brother and grandfather; dad shawn, incidentally, wore a
green golf shirt sunday, so give him credit for embracing the premonition