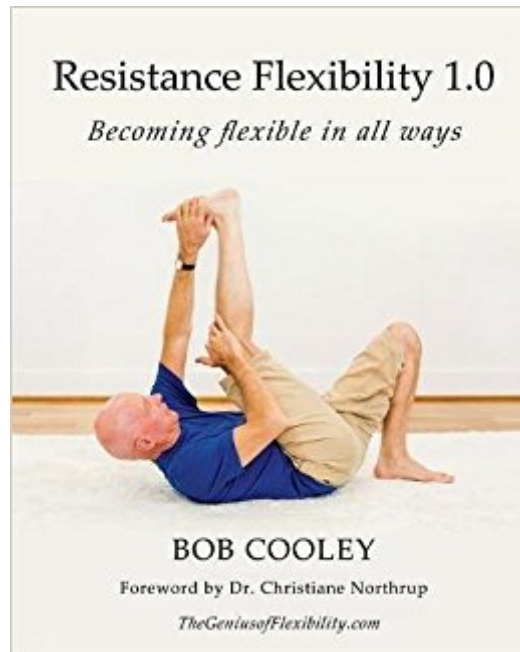




The book was found

Resistance Flexibility 1.0: Becoming Flexible In All Ways...



Synopsis

Resistance Flexibility 1.0 Becoming flexible in all ways... A drunk driver struck Bob Cooley and his friend Pam as pedestrians in 1976. Pam did not survive and Bob forgave the driver and himself. With the enormous help from other people, Bob turned that tragedy into discovering and continuously developing Resistance Flexibility™, and created the body-mind theory of the 16 Geniuses Sixteen Genetic Personality Types™. In his attempt to rehabilitate himself, Bob discovered how all animals naturally stretch - they contract and resist while stretching. He calls this Resistance Flexibility and developed 16 different types of stretches for the whole body. Naturally allowing your body to tense and resist when you stretch dramatically upgrades all your myofascia tissues, as the fascia is restored towards its optimal health. In the process of spending extreme numbers of days even months in each type of stretch, he then discovered that each of the sixteen types of stretches resulted in specific health benefits. The benefits surprisingly included not just physical and physiological, but also psychological, emotional, and spiritual. Therefore each type of stretch can be used by anyone to address her or his most pressing health concerns. Resistance Flexibility helps to transform trauma into gifts. Everyone experiences being unsnagged by her or his traumas and lifted into high personality traits, good looks, and spiritual growth. Resistance Flexibility is one of the best forms of preventative health care, and the future of rehabilitative and regenerative therapies. Healing requires a community of people and not something people can do by themselves. Bob and fellow physicians and researchers did endoscopic and ultrasound filming of Resistance Flexibility to dramatically show how human fascia was transfigured and restored, while accumulated dense fascia and scar tissue was eliminated through Resistance Flexibility training. Bob's new type based psychology identified muscle groups, organs, and tissue concomitances as a physical basis for type, something Jung has alluded to was necessary in order to substantiate a psychology of types. For each type, Bob identified concomitant high/low personality traits, archetypes, good looks, intelligences, defense mechanisms, integration, etc. for each of the 16 genetic types. The central theme about types rests on the discovery that each type has an underlying unconscious type that balances them. The unconscious type has the traits as their balancing type and is the other gender. The unconscious mind can be understood as being the aquifer for the conscious mind, meaning the person's access to their unconscious or balancing traits directly determines the quality of actions of their conscious behaviors, and that a disconnect of oneself from their unconscious mind is the source of their problems. The 16 Geniuses Sixteen Genetic Personality Types will be released on March 30th, 2016. Bob works with everyone from untouchables, severely injured and ill, to Princes, Billionaires, Professional and Olympic Athletes,

CEO of sustainable companies, celebrities, performers... There are Genius of Flexibility Centers now in Santa Barbara, Los Angeles, NYC, and Boston where private sessions, classes, and trainings are conducted. Everybody needs to Resistance Flexibility her or his lateral hamstrings. Begin now. Take a class, learn how on TheGeniusofFlexibility.com Video Training Archive of 200+ flexibility exercises with in depth explanations, hire one of our Certified Resistance Flexibility Trainers at our centers or On Line, do resistance flexibility with your family and friends. Create your healing community. Love and respect, Bob The health and sustainability of the planet is a reflection of your personal health and sustainability. Cooley

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Customer Reviews

I understand this is meant to be a comprehensive approach to fitness and well being but it is too much background information and testimonials and less about getting the exercise done. Not what I was looking for. I am sure it could benefit people looking for a whole life style change but I'm not ready to go that far.

Excellent book. I read and still hold onto the first one, The Genius of Flexibility. Resistance Flexibility 1.0 is a continuation of his previous work that elaborates more on the principles and guidelines to help others achieve true flexibility. Also provides testimonials of others which further testifies the accountability of this method of stretching. This should be the only method of stretching as it does provide you with true flexibility in all aspects of life. This book is very in depth, provides new stretches for the fellow practitioner, and also provides some extra information that allows you to look

deeper into each stretch compared to The Genius of Flexibility. Some of the dietary information is very useful indeed. The theories of resistance stretching also provide a more in depth realization of what actually needs to be done for a person to rehabilitate themselves and receive balance throughout their body. I am definitely awaiting for his book to come out about the 16 genetic personality types in hopes of better understanding myself which will help me understand others more. I strive to be able to become a better person so that I can help others and Bob Cooley is definitely a man that helps me to achieve that. I am very grateful for him and for his works.

I actually find Mr. Cooley's technique for stretching quite effective. I've had flexibility issues for my entire life and his is one of the only books that have helped me to improve my flexibility. The reason for the three star rating is twofold. I purchased an earlier work by Mr. Cooley and this book is quite similar; something had I known I probably would not have purchased this book. Secondly, the book is full of stories by clients who have achieved success using Mr. Cooley's techniques. There are far too many of these.

Being certified Resistance Stretching Master Trainers we're always excited when Bob puts out something new. This book doesn't disappoint taking us deeper into the various stretches and what they can do for our bodies and health.

Immobility was the marker of aging and deterioration for me, with the expectation that once immobility began, there was no going back—life could and would only get worse. That was before I stumbled upon Bob Cooley's book The Genius of Flexibility and I could not be more thrilled or appreciative for the upgraded and evolved addition to Bob's body of work as shared in Resistance Flexibility 1.0. Resistance Flexibility 1.0 is an easy to use manual on how to save your own life told through the research, experience and knowledge of Bob Cooley. This book is full of color photos demonstrating resistance flexibility movements that will help you to troubleshoot physical ailments as well as improve flexibility, organ function and psychological health. The biggest lesson I took away from this book and the related YouTube videos (referenced in the book) is the knowing (not superficial knowledge, but knowing as absolute truth) the human body wants to be healthy and no matter who you are, what you have done or what has happened to you, your life and health can improve.

Excellent book. I've been doing private sessions in New York, and this work simply works. I've had

amazing results just from a few sessions, and I look forward to long-term results.

This book is amazing!!! Helped my body after years of long-term injuries, which helped my mind incomprehensibly. I now have access and lightness in my body I haven't had since I was a child. Simple, understandable, and extremely effective at increasing one's health. Literally empowers you to take health into your own hands. Bravo Bob!!

A great life-changing book! Lots of information, direction, and valuable advice.

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Foods You Love (Eat Your Way Lean & Healthy) Calisthenics: Bodyweight Training Guide; Get Strong, Fit, and Flexible in Only 15 Minutes per Day with Bodyweight Training, Bodyweight Exercises, and Calisthenics

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