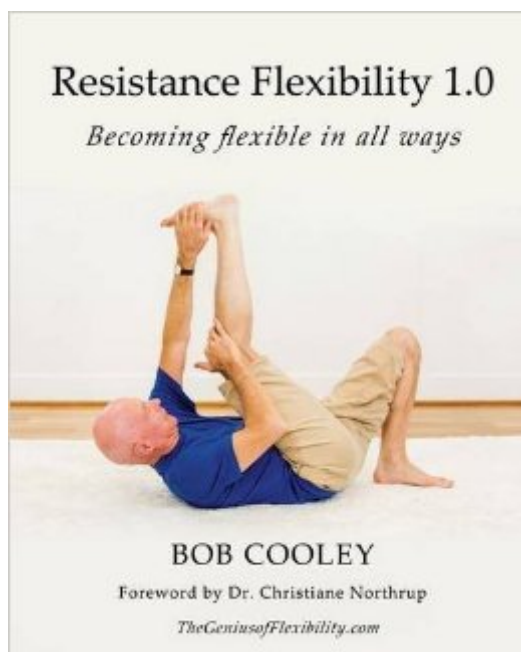


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# Resistance Flexibility 1.0: Becoming Flexible In All Ways...



## 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

## **Book Information**

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## **Customer Reviews**

When I first met Bob in the early 1990s, I was a mess as a human being. It felt as though I had one foot in the world, and one out of it. I was spaced out to the point of not being present for conversations, my digestion was horrible and my belly hurt all the time. I threw up every morning because my suffering and grief was overwhelming. All I wanted to do was sleep. I was 21 years old and someone asked me if I'd served in Vietnam. I was so counter-phobic, I walked straight through fast moving traffic. My body was a tight mess. I had no leverage on life, and my prime desire was to find my self and end my suffering. Fortunately, synchronicity intervened. If it hadn't, I might not be alive. I really don't know. A new acquaintance introduced me to Bob just at the right time. He may as well have carried me into Bob's studio in a shoe-box, all crumpled up, because Bob took me out of the box I was in, put my feet on the ground, and then started to tell me about myself. He put me into a liver stretch and I felt free for the first time, finally true relief. I knew the stretching worked the

moment I experienced it, so I then devoted the next few years to stretching almost all day, every day, even in my sleep, even when I was driving. Applying principles Bob taught me in each moment, I learned to handle my reactions to life, etc., and my suffering began to lessen. My body healed and pains disappeared, I hurt less, and life began to get better. Three and a half years later of stretching, and paying attention to my mind, and using the knowledge learned from Bob's system, my body and my life was very different, and so was my mind.

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