



The Genius of Flexibility: The Smart Way to Stretch and Strengthen Your Body

By Robert Donald Cooley

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Utilizing a revolutionary technique that has been user-tested by thousands of people from Olympic athletes to people suffering from serious injury, *The Genius of Flexibility* presents a sixteen step stretching regimen that dramatically improves flexibility and strength while improving physiological and psychological health.

Something The World Hasn't Yet Seen—You Can Forever Be More Flexible. The Technique: RESISTANCE STRETCHING® offers immediate, cumulative, and permanent increases in flexibility, takes the pain out of stretching, and protects you from injuring yourself by overstretching. The Program: THE MERIDIAN FLEXIBILITY SYSTEM® provides stretches for sixteen unique muscle groups with physiological and psychological benefits.

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Editorial Review

From Publishers Weekly

After a life-threatening accident, Cooley developed a series of 16 resistance stretches that he says gave his body a degree of flexibility that far surpassed his pre-accident levels. Cooley explains that program here, organizing the stretches into four difficulty levels and addressing personality traits, since, he says, stretching certain muscles can affect nonphysical areas in one's life. Once he used the program to heal himself, Cooley began to work with professional athletes and others suffering from injuries, including Olympic gold medal swimmer Dara Torres. While these athletes' testimonies and Cooley's own enthusiasm for his subject are inspiring, the principles he describes will be familiar—and hardly groundbreaking—to yoga students. Cooley's more direct approach and language, however, will appeal to those who find cues in yoga class too subtle or unclear. The chapter on adjusting the intensity level of stretches for maximum benefit without overstretching will be particularly useful, as will the charts listing physiological, spiritual, emotional and psychological concerns and associated stretches; organic meal plans; and an extensive resource list. 170 b&w photos.

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Review

"The best trainers in the world have put their hands on me from Sweden to Japan. And nobody knows what Bob knows." (Charles Austin, 1996 Olympic Gold Medal High Jumper)

"It is my strong impression that you have uncovered an entirely new discipline of healthcare." (Dr. Joseph Mercola)

"Without the flexibility training that Bob developed for me, I could have never accomplished the five Olympic medals I won in Sydney....I also know that Bob's program single-handedly developed me psychologically in very specific ways. With this mental edge, I felt unbelievable. There was no part of me that wasn't improved....What he has figured out about stretching no one knows yet. The world will give Bob the Gold." (Dara Torres, Olympic Gold Medalist)

"I do not think that I could have made my fourth Olympic Team without Bob's help. Thank you, Bob, for allowing me to feel and perform better than I ever thought possible." (Eric Flaim, four-time Olympian Speed Skater)

"What Bob has created is not a trend -- it will change the way the world will exercise forever!" (Joni Evans, Senior Vice President, William Morris Agency)

Users Review

From reader reviews:

Troy Ethridge:

The book *The Genius of Flexibility: The Smart Way to Stretch and Strengthen Your Body* make one feel enjoy for your spare time. You can utilize to make your capable far more increase. Book can to get your best friend when you getting pressure or having big problem together with your subject. If you can make reading

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Patrick Cartwright:

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