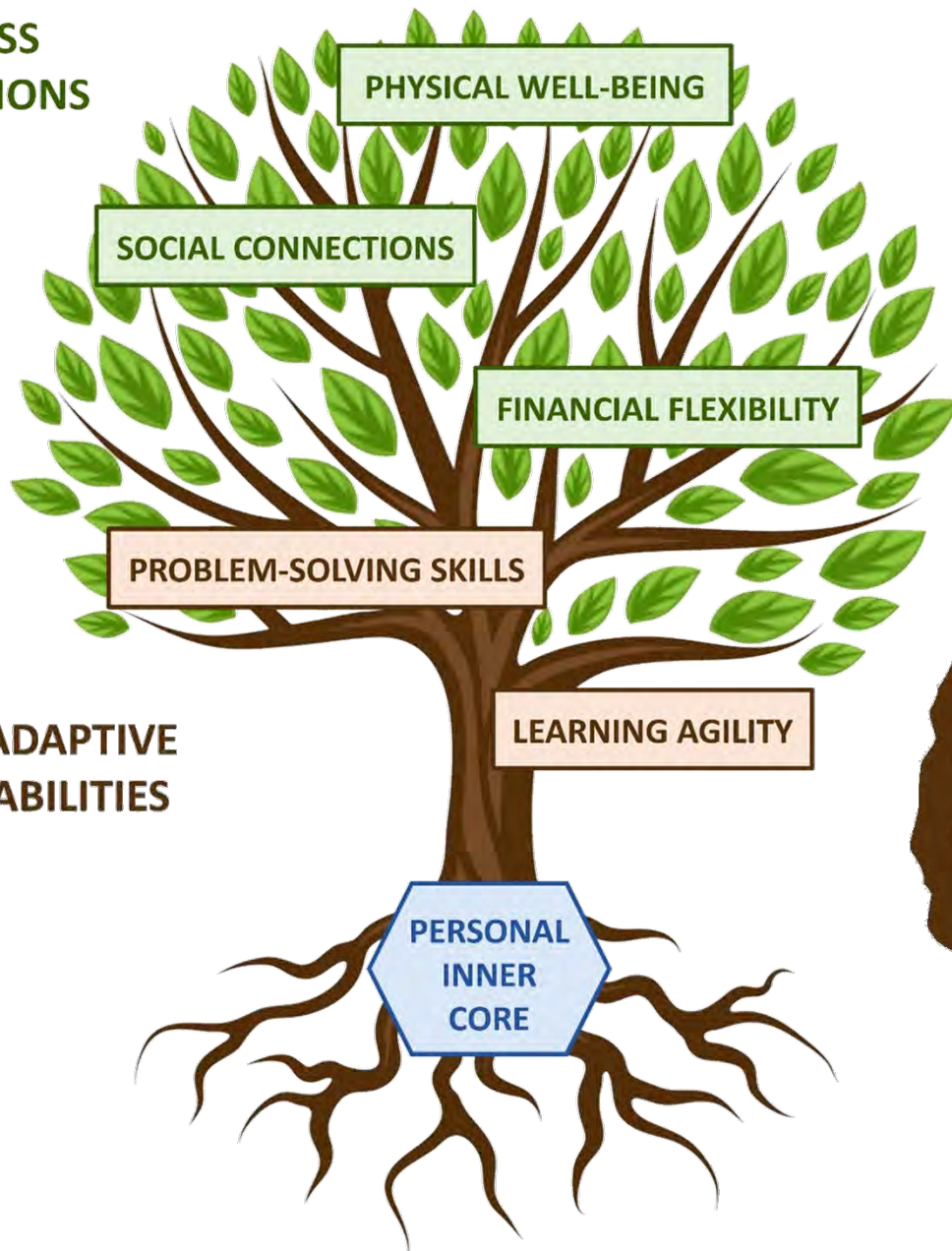


# The Resilience Tree™

FITNESS  
DIMENSIONS



*The bamboo that bends is stronger than the oak that resists.*

– Japanese Proverb

## Expanded View

### Personal Inner Core

