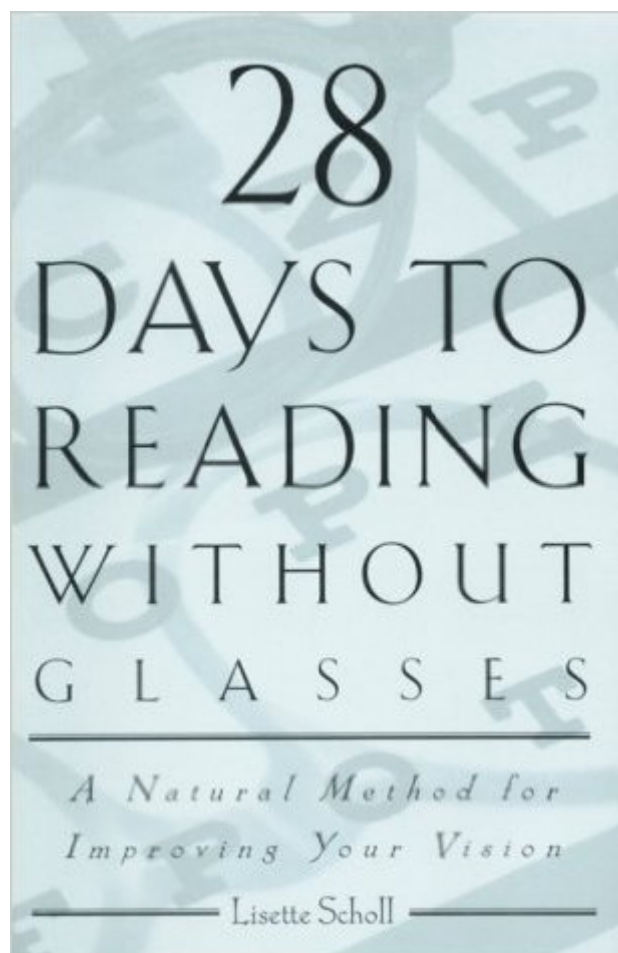


The book was found

28 Days To Reading Without Glasses: A Natural Method For Improving Your Vision



Synopsis

A proven holistic approach for perfect vision. Practicing certified hypnotherapist and yoga instructor, Lisette Scholl offers a long-forgotten method of healing visual dysfunctions invented by turn-of-the-century New York ophthalmologist Dr. William H. Bates. Illustrated throughout.

Book Information

Paperback: 257 pages

Publisher: Citadel (June 1, 2000)

Language: English

ISBN-10: 0806520590

ISBN-13: 978-0806520599

Product Dimensions: 5.5 x 0.8 x 8.3 inches

Shipping Weight: 12 ounces

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (13 customer reviews)

Best Sellers Rank: #821,291 in Books (See Top 100 in Books) #97 in [Books > Medical Books > Allied Health Professions > Optometry](#) #162 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Eye Problems](#) #818 in [Books > Health, Fitness & Dieting > Alternative Medicine > Holistic](#)

Customer Reviews

Wow, this book caught my eyes and improved them. It was not difficult to see, feel and embody results almost immediately when following the plan set forth in this AMAZING book. It also helped improve my mental attitude, appetite control and overall health. Too bad Drs. and Optometrists don't share this kind of information; of course it just might put them out of business. I went through the 28 days program actually looking forward to it each day and really improved my eyesight a lot. It is true it does take some maintenance to enjoy the results after 28 days and into the future, but at \$400 a pair or so, the maintenance of buying eyeglasses when they aren't really necessary seems just so futile! I bought extra copies for friends and family.

I am halfway through this book. You definitely make yourself more relaxed and reduce the strain BUT for me personally its too many directions and I like things more focused. The point that I do not like about author is that she keeps recommending one or the other book throughout. Its irritating for me. Just put a Suggested reading at the end. Don't advertise through books. (I would suggest read "Relearning to see" A fat book BUT very focused and to the point and no advertising in text. Have

read it and am switching back to it...) Hope this helps!

This book will teach you Natural Eyesight Improvement. It differs from other books; It also contains a type of rational-emotive healing therapy. How to get rid of negative, destructive thoughts, emotions and negative thoughts, emotions about your vision. TO gain power, freedom, positive thinking 'that really works'. Nice, easy routine all set up for you to follow, integrate each learned practice. Dr. Bates stated that most always; when he examined the eyes of people that stated their vision was unclear, he found nothing wrong with the eyes. He discovered it was 'something else'. The brain, mental strain, worry. He used relaxation, memory, imagination, positive thinking, movement to correct the vision. Only thing in the book I don't use is the 3-D fusion thing; turning 2 peripheral objects into an illusion of 3rd by looking before or beyond them. Everything else I like to practice, keeps me happy! Vision clear.

I followed this book and did everything it said with an open mind. The print is every bit as blurry as it every was before I tried the things in this book. I wanted so much for this to work, and I'll try again, but after four months of daily applying the techniques of this book, my vision did not improve the least bit.

These exercises really work. I was afraid I'd fail my vision test, so I began the exercises about a month before going in to renew my driver's license. They did the trick. You must be consistent, though.

We hold our breathe too often and too long. (may it be from stress, busyness, over-focussed). This book teaches us to breathe, stretch and relax. Its simple to read and less technical than other ones I have read on this subject. From there, with a series of eye excercises, your eye vision will improve. Our eyes are dynamic, why get locked in by a pair of glasses. Without eye exercises, our eyes will only go down-hill with glasses. If your prescription is very strong it will improve it to some degree. Works great especially when the distant from your outstretched arm cannot provide the correct focal length.

Totally delightful, full of great recommendations for both mental and physical causes of eye issues. I first got it from the library and liked it so much that I ordered it from . The bookseller service was great and book condition was as it was described.

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