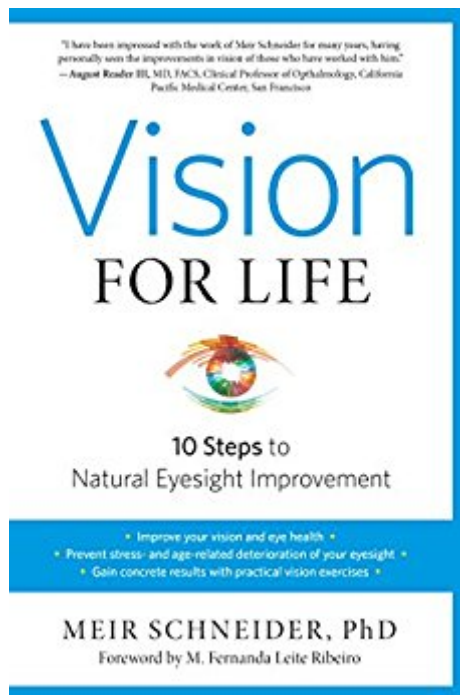




The book was found

Vision For Life, Revised Edition: Ten Steps To Natural Eyesight Improvement



Synopsis

All parts of the body need exercise for optimal health, and the eyes are no different. Vision for Life presents an approach to eye health for people with 20/20 vision who wish to maintain their perfect vision as well as people who see poorly and would like to improve their eyesight. Clients of the Meir Schneider Self-Healing Method experience their own capacity to bring about recovery, reversing the progress of a wide range of degenerative conditions including eye disease. Based in part on the established Bates Method of eyesight improvement and in part on his own professional and personal discoveries, Meir Schneider's pioneering approach has helped thousands of people successfully treat a host of eye problems, including near- and farsightedness, astigmatism, lazy eye, double vision, glaucoma, cataracts, macular degeneration, retinal detachment, retinitis pigmentosa, and nystagmus. This revised edition includes a new chapter on children's eye health and new research and exercises for specific conditions, i.e., glaucoma and nystagmus, near- and farsightedness. Born blind to deaf parents, Schneider underwent a series of painful operations as a young child and was left with 99 percent scar tissue on the lenses of his eyes, resulting in his being declared incurably blind. At the age of seventeen, he discovered how to improve his vision from less than 1 percent to 55 percent of normal vision with the eye exercises presented in this book. Today Schneider drives a car, reads, and enjoys the benefits of full natural vision. He and his clients prove time and time again how much vision can improve with exercise. His contributions to the field of self-healing are recognized by alternative health practitioners and medical doctors alike. In Vision for Life, Schneider shares forty years of discoveries made on his personal and professional journey. The book details simple but effective techniques to gain great vision such as sunning and palming. Such exercises are not only strengthening but also restorative and deeply relaxing. The reader learns how to reverse developing issues before they cause damage or to remedy existing problems, including pathologies such as glaucoma, cataracts, macular degeneration, retinal detachment, and optic nerve neuropathy. From the Trade Paperback edition.

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Customer Reviews

This book is amazing. I've done some of the exercises and can already read small print without my glasses, and I am 62 in July! I have worn reading glasses for years, and glasses for night driving. I no longer have to do that, and I've been using the book only about 2 weeks. There is such valuable information in the book that I find it hard to put it down. Yes, it takes commitment and time to apply what is set forth in this amazing book, but I don't know of anything in my life that's worthwhile that is instant! If you are wanting to heal your eyes, improve your vision, and strengthen your body by strengthening your eyes, this is definitely the book for you!

Was pretty good. But I was looking for something more direct. I liked the book, but I just wish at the end there was a summary of all the techniques and a straightforward methodology for them. But instead, I am going to have to go thru and create my own summary. The techniques we are told to use he talked about them within stories most of the time, so the direct steps were not right next to each other. I found myself highlighting sentences here and there all over the place trying to capture the actual required steps of the technique. If anyone has the same problem as me, then I will share my summary that I create with you. To save me emailing out my simple summary to everyone look for the link in the comments section that I left. It took me some time and effort to create this summary. the techniques are stuck all in the middle of STORIES! Overall the book is good though,

don't get me wrong. There definitely needs to be like a "recipe" book of Eye Exercises created to COMPLEMENT this book, NOT replace it. Because without this book I wouldn't even a) know the techniques or b) understand why I would do them. I hope this helps. And if you want to save your own time and effort then just go get the summary I've made (see the website I mentioned earlier)

This is the Bates method on steroids and far surpasses any other eye regimes. Meir Schneider has developed and used these techniques to enhance his own eyesight.

Anyone, with any vision, can seemingly benefit from this informative book. I have only just begun to implement the 10 exercises into my daily life, but much like an worthwhile endeavor, creating a good habit with good information, is the key to long-term success. I can't wait to look back with perfect vision and revel in the success of the good vision habits this book helped create.

There are many books and programs available to assist people in improving their vision naturally. As a person who has worn minus lenses for nearsightedness for almost fifty years, I definitely have a strong desire to at least improve my vision, and in an ideal world to reach the point where I could be able to take my glasses off permanently. While the latter goal might not be realistic at my age, based on reading this book I have no doubt whatsoever that Meir Schneider has provided all the tools necessary for me to at least reduce my prescription by more than just a nominal amount. The reality is, who better to teach natural vision improvement than Meir Schneider, a man who actually was legally blind at one point, and who now has an unrestricted driver's license in California? Meir's personal story is very inspirational to say the least, and it clearly demonstrates that traditional ophthalmologists and optometrists, those who unquestionably believe that eyesight cannot improve without corrective lenses or laser surgery, are just flat out misinformed. In addition to his own personal experience, throughout this book Schneider cites examples of people who have applied his prescribed exercises and experienced significant improvements in their visual skills. Is it easy, no, it's not; just like training one's legs for a marathon, training the eyes to see better requires a commitment to regularly completing the eye exercises recommended in the book, and to opening one's mind to understand that vision is more than just eyes capturing light and sending images to the brain. There is an emotional component to vision quality as well, and the impact of that component on a person's daily view of the world should not be understated. Some might say this is just another program based on the Bates eye method, and there is some truth to that. However, in my view what differentiates this work is the author's undeniable passion for his subject, and his

unwavering position that everyone who has less than desirable vision has the ability to remedy that problem if they would just be willing to make the commitment to do so. I for one will be applying Meir's teachings in my life, and I look forward to "seeing" the results of the effort in the form of a reduced prescription and healthier eyes.

I have been diagnosed with shortsightedness and had been wearing spectacles since in my teens. I have started using the exercises and I have seen positive results. I have stopped wearing the spectacles. It is not yet 20/20 but it is getting there.

Night blindness? Stimulate those rods or cones by a night time walk. It offers so many things to do to force your eyes to become stronger, no matter what the weakness. I can't recommend this book highly enough.

Inspiration and pleasant exercises from a truly amazing life story and man. I am doing them now. We shall see. The greatest thing here is everything comes alive in your life visually. It really is learning to see again, to appreciate and enjoy life's details. The old Bates book is very difficult to understand. This is in clear English.

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