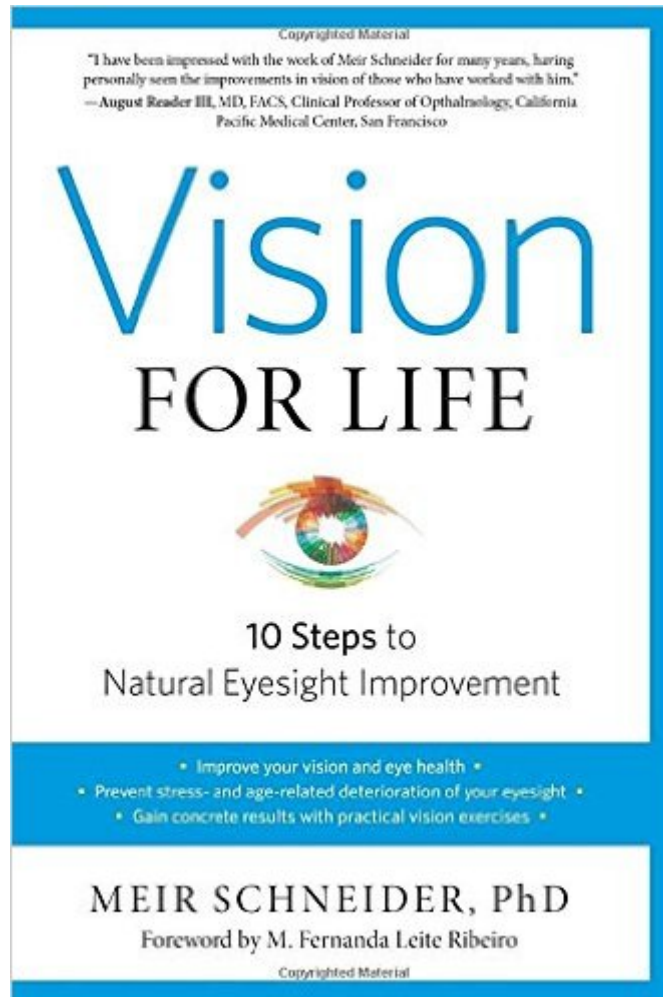


The book was found

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.Â 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.Â Â 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.Â 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.Â 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. Â 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.

Book Information

Paperback: 264 pages

Publisher: North Atlantic Books; Revised ed. edition (May 3, 2016)

Language: English

ISBN-10: 1623170087

ISBN-13: 978-1623170080

Product Dimensions: 6.1 x 0.7 x 9 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars Â Â See all reviewsÂ (45 customer reviews)

Best Sellers Rank: #41,564 in Books (See Top 100 in Books) #2 inÂ Books > Medical Books > Allied Health Professions > Optometry #7 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Eye Problems #10 inÂ Books > Medical Books > Medicine > Preventive Medicine

Customer Reviews

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.

[Download to continue reading...](#)

Eyesight: How to Naturally Improve Vision - Proven Quick Tips to Improve Eyesight Vision in 30 Days or Less (eyesight improvement, eyesight cure, better eyesight) Improve Your Eyesight Naturally: How To Improve Your Vision Naturally - Learn Super Effective Eyesight Exercises To Improve Eyesight Without (Vision Therapy, Optometry, Eyesight Improvement) Vision for Life, Revised Edition: Ten Steps to Natural Eyesight Improvement The Power Behind Your Eyes: Improving Your Eyesight with Integrated Vision Therapy The Art of Cosmic Vision: Practices for

Improving Your Eyesight Glasses No More!: Collection of powerful self-help methods to naturally improve your eyesight and restore your vision [Illustrated version] How To Improve Your Vision Naturally: Strategies and Exercises to Restore Your Eyesight The Natural Vision Improvement Kit Bates Method Nuggets: The Fundamentals of Natural Vision Improvement by William H. Bates, M.D. Brain Training And Brain Games for Memory Improvement: Concentration and Memory Improvement Strategies with Mind Mapping (New for 2015) Life Coaching: Complete Blueprint to Becoming a Powerful Influential Life Coach (Life coaching, Life improvement, positive thinking, coaching, better leadership, goals, consulting) How God Makes Men: Ten Epic Stories. Ten Proven Principles. One Huge Promise for Your Life. Natural Remedies for Dogs : 101 Safe & Natural Essential Oils' Remedies for Your DOG: (Natural Remedies For Dogs, Essential Oils Remedies For Dogs, Natural Dog Care, Recipes For Dogs, Home Remedies) Handbook of Optics, Third Edition Volume III: Vision and Vision Optics(set) The 15 Minute Focus: SPORTS VISION: Exercises For Improving Peripheral Vision, Hand-Eye Coordination, and Tracking Ability (The 15 Minute Fix Book 14) Perfect the Text: Volume Ten, 6th Edition (Career Step Medical Transcription Program Companion) (Volume Ten) The Ten Cash Commentary:: The General Issue Ten Cash Coins of the Republic of China Gypsy Wedding Dreams: Ten dresses. Ten Dreams. All the secrets revealed. Ten Years Younger: The Amazing Ten Week Plan to Look Better, Feel Better, and Turn Back the Clock Posture, Get It Straight! Look Ten Years Younger, Ten Pounds Thinner and Feel Better Than Ever

[Dmca](#)