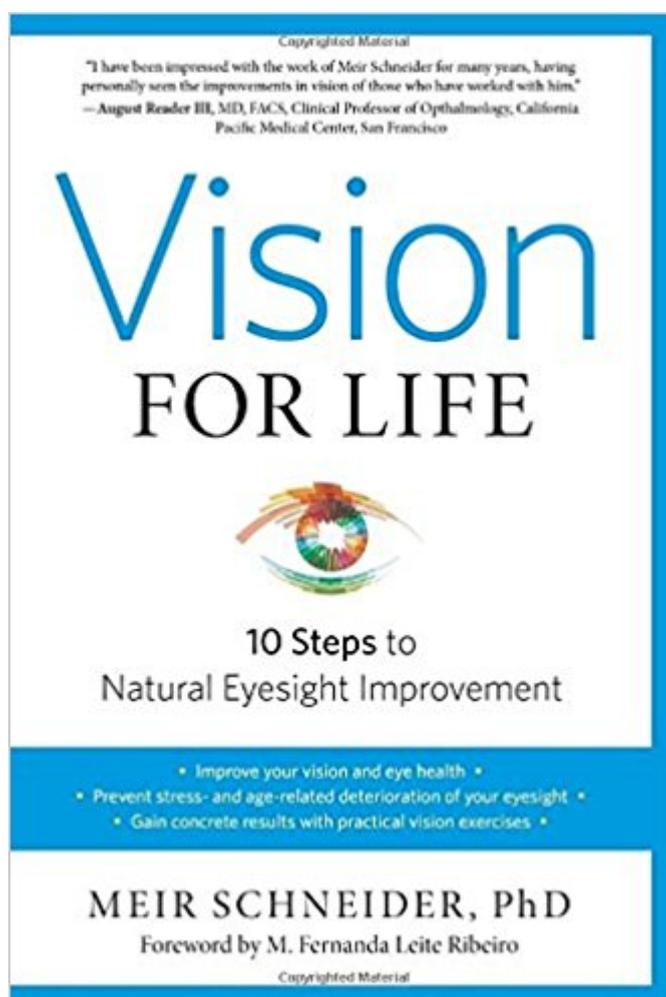


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# Vision For Life, Revised Edition: Ten Steps To Natural Eyesight Improvement



## **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.

## **Book Information**

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## 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.

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