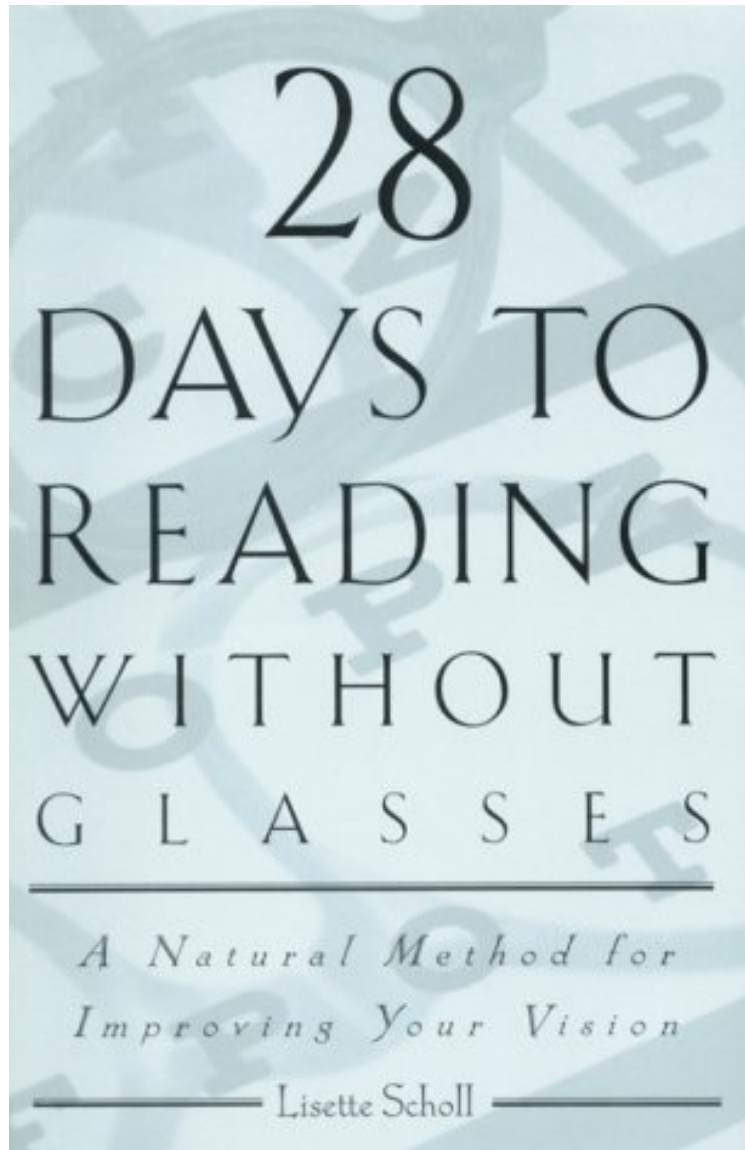


28 Days to Reading Without Glasses: A Natural Method for Improving Your Vision

Lisette Scholl

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Lisette Scholl : 28 Days to Reading Without Glasses: A Natural Method for Improving Your Vision before purchasing it in order to gage whether or not it would be worth my time, and all praised 28 Days to Reading Without Glasses: A Natural Method for Improving Your Vision:

2 of 2 people found the following review helpful. A different Approach, Truly a way Dr. Bates Applied.By Mary I.

Oliver 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. 10 of 10 people found the following review helpful. Unbelievably Effective!! By Cindy Nielsen 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. 0 of 0 people found the following review helpful. It works By Sweet TI am convinced that you can improve your eyes. Try it and see for yourself.

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.