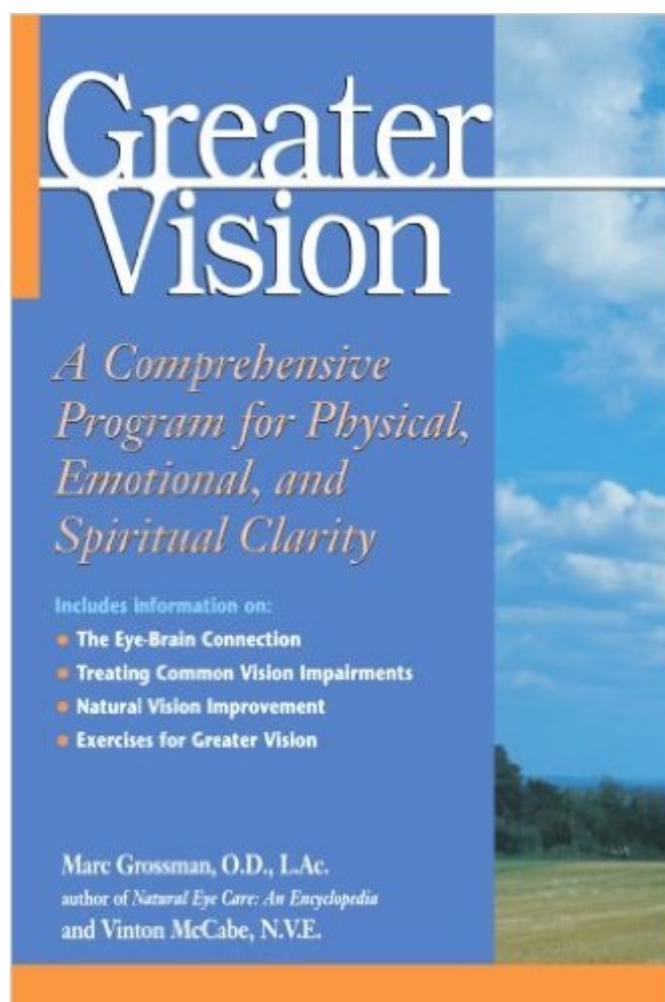


The book was found

Greater Vision



Synopsis

These noted vision care specialists offer a unique eye care program that reflects the irrevocable link between a person's quality of vision and ability to understand, grow and change. In Greater Vision, they provide more than two dozen exercises to improve, heighten, and develop vision and describe the crucial part vision plays in creating emotional and spiritual clarity.

Book Information

Series: Comprehensive Program for Physical, Emotional, and Spiritual

Paperback: 336 pages

Publisher: McGraw-Hill Education; 1 edition (June 25, 2001)

Language: English

ISBN-10: 0658006436

ISBN-13: 978-0658006432

Product Dimensions: 5.9 x 0.8 x 8.9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 3.3 out of 5 starsÂ Â See all reviewsÂ (3 customer reviews)

Best Sellers Rank: #438,965 in Books (See Top 100 in Books) #87 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Eye Problems #102 inÂ Books > Medical Books > Medicine > Surgery > Ophthalmology #8437 inÂ Books > Health, Fitness & Dieting > Alternative Medicine

Customer Reviews

This book is so general and sprawling it is useless. I went to the section on Presbyopia (Middle-Aged Eyes. It describes the condition (this I already know), says conventional medicine has no remedy other than glasses, says that "vision therapy has shown that people who perform simple focusing exercises experience a great benefit." But does he tell us what those exercises are? There is a general section on exercises. Are those the ones? Grossman's other book "Natural Eye Care: An Encyclopedia" is no better. Presbyopia does not even appear in the index! In "Greater Vision" Grossman takes up a lot of pages describing various Complementary Therapies, with a paragraph each on practices such as craniosacral therapy, the Alexander technique, yoga, meditation, etc. Okay, but I already know about these therapies, in fact have, at one time or another, partaken of all of the above. What I really need to know is which one is right for my condition? Grossman doesn't say. If you really want to improve your vision and read an altogether fascinating book (although with a terrible title), try Jacob Liberman's "Take Off Your Glasses and See." It is usefully informative,

well-written, and full of some amazing insights about our culture and how our way of life contributes to vision problems.

I particularly liked the information about specific eye problems and how they are related emotionally. The exercises are excellent and each eye problem has exercises specifically for that problem

best book i have read in integrating vision conditions to the body, mind and spirit

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Greater Vision Handbook of Optics, Third Edition Volume III: Vision and Vision Optics(set) Eyesight: How to Naturally Improve Vision - Proven Quick Tips to Improve Eyesight Vision in 30 Days or Less (eyesight improvement, eyesight cure, better eyesight) The 15 Minute Focus: SPORTS VISION: Exercises For Improving Peripheral Vision, Hand-Eye Coordination, and Tracking Ability (The 15 Minute Fix Book 14) Improve Your Eyesight Naturally: How To Improve Your Vision Naturally - Learn Super Effective Eyesight Exercises To Improve Eyesight Without (Vision Therapy, Optometry, Eyesight Improvement) Grace: More Than We Deserve, Greater Than We Imagine 60 Hikes Within 60 Miles: Minneapolis and St. Paul: Including the Twin Cities' Greater Metro Area and Beyond The 9 Steps to Keep the Doctor Away: Simple Actions to Shift Your Body and Mind to Optimum Health for Greater Longevity Dharma Parenting: Understand Your Child's Brilliant Brain for Greater Happiness, Health, Success, and Fulfillment You Can Ask The Universe Anything: Learn How to Tap Into the Infinite Field of Intelligence for Greater Clarity, Power & Insight Mosquito Empires: Ecology and War in the Greater Caribbean, 1620-1914 (New Approaches to the Americas) (Black and White) Birds of the West Indies: A Guide to the species of birds that inhabit the Greater Antilles, Lesser Antilles and Bahama Islands A List of the Birds of the West Indies, Including the Bahama Islands, and the Greater and Lesser Antilles, Excepting the Islands of Tobago and Trinidad Bigger the Secrets: Greater the Passion (Contemporary Adult Romance Suspense Thriller) Brucellosis in the Greater Yellowstone Area The Greater Words of Power: The Secret Calls of Archangel Magick A Mythic Life: Learning to Live Our Greater Story Greater: The Brandon Burlsworth Story - Through the Eyes of a Champion The Power Of Intermittent Fasting: Discover Effortless Abs Diet giving you greater Mental toughness,quick Fat Loss and no Cardio, enabling Lean Muscle-Building!: Abs workout for lean belly included! Beautiful Data: A History of Vision and Reason since 1945 (Experimental Futures)

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