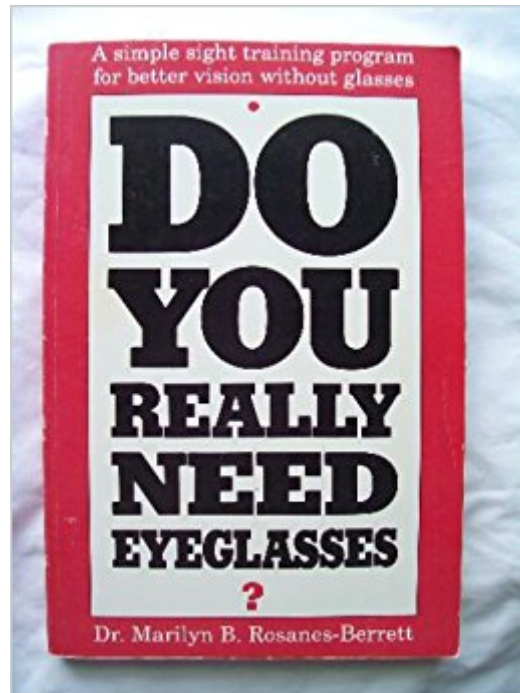




The book was found

Do You Really Need Eyeglasses?



Synopsis

Book by Rosanes-Berrett, Marilyn B.

Book Information

Paperback: 149 pages

Publisher: Station Hill Pr (February 1991)

Language: English

ISBN-10: 0882681044

ISBN-13: 978-0882681047

Product Dimensions: 0.5 x 6 x 8.8 inches

Shipping Weight: 8.8 ounces

Average Customer Review: 3.8 out of 5 starsÂ Â See all reviewsÂ (9 customer reviews)

Best Sellers Rank: #1,683,376 in Books (See Top 100 in Books) #526 inÂ Books > Medical Books > Medicine > Surgery > Ophthalmology #170898 inÂ Books > Health, Fitness & Dieting

Customer Reviews

I got this book over a year ago and was too terrified to even open it! When I did open it I found it to be a treasure of information! The exercises that she recommends are not just good for your eyes but for your overall well-being. The Long Standing Swing is relaxing to do; it does just what she promises: It banishes insomnia and makes the trials of the day less daunting. Because I am a hyper person meditation is hard, but this is a form of meditation that I can do. The Sunning procedure has helped me get out of dark sunglasses; I couldn't have done it otherwise. I was so photosensitive that I couldn't go outside without dark glasses, which makes the problem worse. She says so and I agree, from personal experience of having worn them; the South is nothing but flat yellow glare in the summer, but wearing dark glasses does not help. I now wear amber shooting glasses because I just need a little shielding and they are polarized. The Palming procedure is hard for me to do because I am a hyper person and this is a guided meditation is the hard part; if you already meditate then this exercise is cake. I can only Palm for about five minutes. I use Source Vibrations' Solfeggio album to time myself, because I have no sense of time. She tells the story of Dr. Bates's patient who Palmed for 20 hours---I can't imagine doing that. He said, "It was tedious, doctor, very tedious, but I did it." I think that is the understatement of the century.

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