

The book was found

The Natural Vision Improvement Kit



Synopsis

You have the power to improve your eyesight naturally. Building on techniques pioneered by ophthalmologist William Bates, Meir Schneider created an effective approach for self-healing and used it to reverse his own blindness. With The Natural Vision Improvement Kit, Schneider teaches his innovative methods for exercising your eyes back to health. Use these proven techniques to see your world with less strain, greater acuity, and a more spacious visual field. Learn more about the principles of natural eyesight improvement; dozens of exercises to increase your visual acuity and ocular health; Tibetan yoga practices to refresh your eyes and mind; on-the-spot techniques to ease reading, driving, and computer eyestrain; how eyesight influences your overall well-being, and more.

Book Information

Audio CD

Publisher: Sounds True; Har/Crds/C edition (March 1, 2006)

Language: English

ISBN-10: 1591792568

ISBN-13: 978-1591792567

Product Dimensions: 9.2 x 1.5 x 5.8 inches

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

Average Customer Review: 3.6 out of 5 stars [See all reviews](#) (16 customer reviews)

Best Sellers Rank: #570,255 in Books (See Top 100 in Books) #118 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Eye Problems](#) #287 in [Books > Books on CD > Health, Mind & Body > General](#) #10484 in [Books > Health, Fitness & Dieting > Alternative Medicine](#)

Customer Reviews

This is a great product. The exercises in this kit are inspired by the Bates Method, with refinements and additions developed by Meir Schneider during three decades of reversing his own blindness and helping others work with their visual problems. I met Meir Schneider at one of his 2 days London workshop (on body movements and eyesight) almost 15 years ago and I was really taken by how much he cared about empowering people, no matter what their disabilities were. Thank you Meir, I am forever grateful to you. But at that time, this great product hadn't come out and I was relying on my book from Dr Bates' trying to workout an eye exercise regime. The few eye exercises I had done then, definitively had improved my eyesight (and yet I was very short-sighted) but I was young and really had other things on my mind, which seemed more important. I guess I didn't want to work too hard at something and I had been brainwashed by opticians throughout the years that my eyesight

would only get worse so i couldn't see the point in trying too hard. Now, a lot of years down the line, with nothing left to loose apart from my eyes, I realise that relying on a pair of glasses is no good for your eyes or for your self-esteem. So when I saw this product I was thrilled. It is very well made (anything from "Sounds True" tends to be very well made) a little booklet, cards which sum up the exercises and 2 CDs. From reading other reviews on .com, some people seemed to obsess with the timings. Saying that if you follow Meir's advice on how many times and how long you should do the exercises for, it would be more than 9 hours a day. You have to understand where Meir comes from. He was 100% committed to improving his own eyesight.

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

The Natural Vision Improvement Kit
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
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)
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)
Japanese Origami for Beginners Kit: 20 Classic Origami Models [Origami Kit with Book, DVD, and 72 Folding Papers]
Origami Zoo Kit: [Origami Kit with Book, 40 Papers, 95 Stickers, Zoo Map]
Self-Paced Training Kit (Exam 70-680) Configuring Windows 7 (MCTS) (Microsoft Press Training Kit)
MCTS Self-Paced Training Kit (Exam 70-620): Configuring Windows Vista™ Client (Microsoft Press Training Kit)
Geometric Origami Mini Kit: Folded Paper Fun for Kids & Adults! [Origami Kit with Book, 48 Papers, & DVD]
Origami Aquarium Kit: Aquatic fun for everyone! [Origami Kit with 2 full-color Books of 20 Projects, 98 folding Papers]
Microsoft Windows 2000 Driver Development Kit (Dv-Mpe Software Dev. Kit)
Electric Bicycle Conversion Kit Installation - Made Simple (How to Design, Choose, Install and Use an e-Bike Kit)
The Complete Living Will Kit (Complete . . . Kit)
Great Juggling Kit Book Only No Kit
Simple Origami Airplanes Mini Kit: Fold 'Em & Fly 'Em! [Origami Kit with Book, 24 Papers, DVD, 6 Designs]

[Dmca](#)