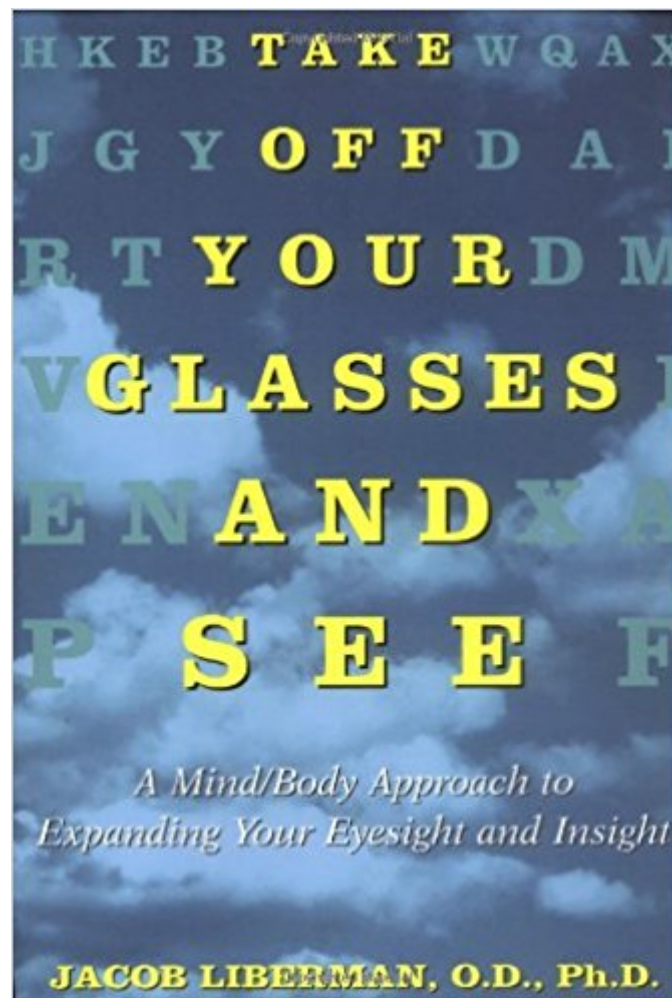




The book was found

# Take Off Your Glasses And See: A Mind/Body Approach To Expanding Your Eyesight And Insight



## Synopsis

This revolutionary new look at vision will broaden your understanding of how you see and how you can see without your glasses or contact lenses. Take Off Your Glasses and See shows you how to free yourself from the crutch of prescription lenses, to build your self-confidence and awareness, and to open up your inner and outer vision in order to see more clearly. Jacob Liberman, an internationally recognized authority on holistic vision care, explains how most vision problems are the result of an unconscious decision to "close your eyes" to emotional discomfort or pain, and how increasingly powerful corrective lenses only encourage eyesight to withdraw even further. By removing lenses and practicing breath- and movement-awareness techniques to shift your perception, you can reintegrate the original disruption in the mind/body system. Dr. Liberman's approach can help you join the thousands who have escaped from the self-defeating cycle of poor vision.

## Book Information

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## Customer Reviews

JACOB LIBERMAN, based in Aspen, Colorado, is on the road nine months a year promoting his message about the integration of inner and outer vision.

If you wear glasses or are being told you need them, you MUST read this. Almost all eye testing is presenting inaccurate results. Every optometrist needs to read this book. Find out why. I have been using reading glasses less and less now that I know the truth. Like every other part of the body,

eyesight can be healed and/or improved. Don't believe every word you are told.

I believe that if a person is serious about improving eyesight that this book, if suggestions are followed and practiced with patience, will assist one in reaching eyesight goals. In fact one's world will change dramatically when one can see close up and at distance without glasses. My eyesight had been 20/50 in the right eye and the left eye had been seriously damaged by an operation to repair a retinal detachment. However, I now, according to the VA ophthalmologist at my last eye exam, have 20/20 vision in my right eye; the damaged left eye is being suppressed so that I can, overall, see very well and don't need eye glasses any more (I passed my vehicle license eye exam for the first time ever - I am 73 years old). I would recommend reading this book and then developing an eyesight improvement plan based on what one is actually able to stick with and practice from day to day.

This book along with the Bates one is all you need - morning sunlight will also help - to fix your eyes - also eat lots of seafood and caratenoids

I loved this book just for giving out the possibilities of taking your glasses off. I read it during the first day of a long car trip and amazing things happened. I spent most of the first day on this book and saying affirmations and healing what it was that I hadn't wanted to see and by that first evening I could drive and read the book without my glasses on...using his chart before I left, I had 20/70 vision and using his book, affirmations and a little healing, I came back and found my vision to have changed to 20/40. That is one day of work and no eye exercises...he opens up your mind to the possibilities and then you take off from there...I'm grateful to the author and know that as soon as I take the time to go back to it, I will heal my eyesight completely...a must read!

Thanks to Dr. Liberman's advice, I'm off corrective lenses. I did the effortless learning exercises in the back, too, and had some great insights into just how tenacious my ego is. I recommend this book regularly.

Great story, inspiring, and the exercises work. I passed a driver's test in my new state without glasses for the first time since I was 16!

Oh my goodness - what a phenomenal read - I HIGHLY recommend this book and anything by

Jacob Liberman, He is amazing! I love this book and it's one of my favorites!

I really believe in the power of our minds. This book has helped me not need glasses since my first eye exam that stated that I need them in 2007. I pass visual tests every year and am currently scoring very high despite the diagnosis of astigmatism.

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