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Greater Vision

A Comprehensive Program for Physical, Emotional, and Spiritual Clarity

Includes information on:
- The Eye-Brain Connection
- Treating Common Vision Impairments
- Natural Vision Improvement
- Exercises for Greater Vision

Marc Grossman, O.D., L.Ac.
author of Natural Eye Care: An Encyclopedia and Vinton McCabe, N.V.E.
**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

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**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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