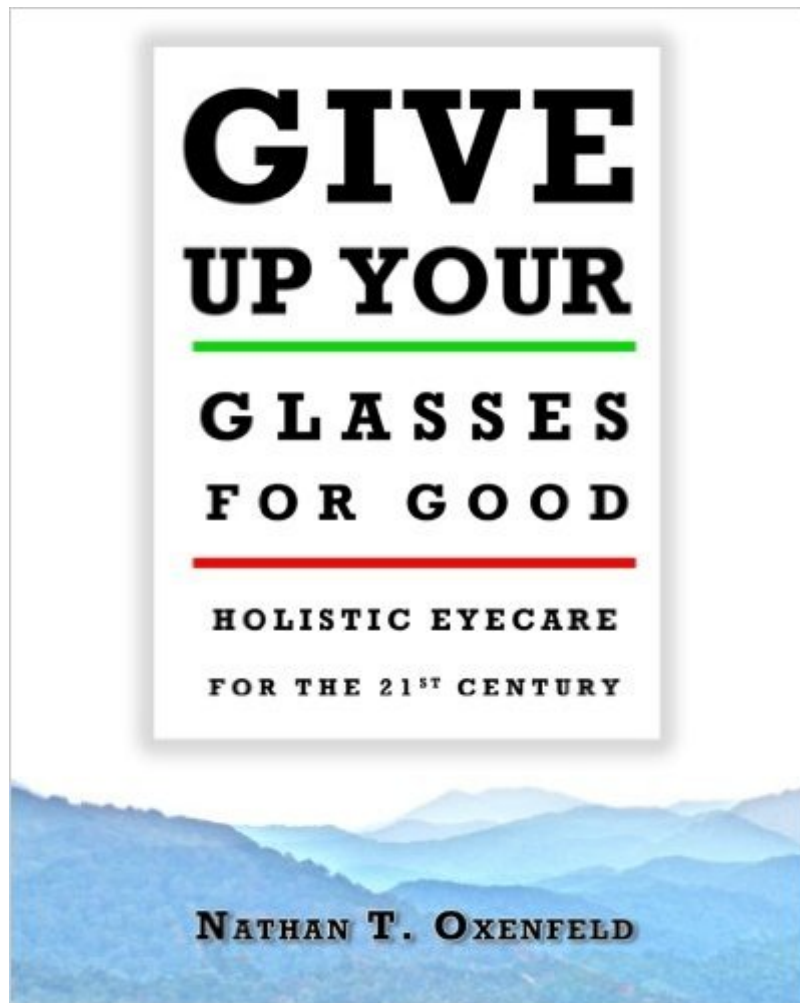


The book was found

# Give Up Your Glasses For Good: Holistic Eyecare For The 21st Century



## Synopsis

Give Up Your Glasses for Good is a step by step self-healing course that teaches you how to improve your vision naturally. Heal your own eyes holistically with this comprehensive workbook that includes over fifty vision enhancing practices and dozens of eye charts and reading that can help decrease eyestrain and increase clarity. Sit back and relax as you watch your vision return to its original state; a state of equilibrium, ease, and auto-focus. Nathan T. Oxenfeld is a certified teacher of the Bates Method, Yoga, and Meditation. He skillfully blends these three together to form this dynamic and relevant course that helps people of all ages address the underlying root causes of vision problems instead of just treating the symptoms. Whether using this book as a way to prevent future vision problems or as a way to reverse current vision problems, healthier eyes will always be the result. Maintain healthy eyes and maintain the birthright of healthy vision for life.

## Book Information

Paperback: 240 pages

Publisher: Naked Eye Publishing Company, The; 2 edition (February 1, 2015)

Language: English

ISBN-10: 0986395315

ISBN-13: 978-0986395314

Product Dimensions: 8 x 0.6 x 10 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (6 customer reviews)

Best Sellers Rank: #1,036,251 in Books (See Top 100 in Books) #197 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Eye Problems](#)

## Customer Reviews

I have purchased a few vision improvement books from . Most of them contain a lot of backstories and quotes. Most have their own angle on how you should improve your vision (mainly how it helped them improve their vision to write a book about it). I decided to buy this book based off of the authors YouTube videos. His presentation shows a lot of knowledge and passion about the subject. Furthermore, the tutorials on some of the vision exercises (long swing) are very on point how you should do them. Receiving this book recently, I read the introduction and skimmed the vision improvement material and I can tell you all exercises have their own page with a description of how it will help. The way the book is set up is perfect for someone getting into vision improvement. This book has a lot of material obtainable online, but the instructions are not as clear and concise as this

book, which is why I would recommend this book as your first book. My take on vision improvement: you really need to be open-minded and dedication/motivation/time on doing the exercises/drills. If you are familiar with meditation, yoga, deep relaxation, you will advance faster than others. This book just solidified a lot of ah-ha moments I had when doing some of the vision exercises BEFORE reading this book. UPDATE 3 months-After going 1 month strong of morning routine exercises, the motivation fizzled after my eye exam which said my vision has not changed. I still practice here and there throughout the day though. Just not as dedicated. Personally I feel my vision is getting better, it's just feels like it is teeter tottering between blurry and clear. I'll still continue and practice because I do feel it makes a difference.

While RELEARNING TO SEE, works as a textbook, this book is a course workbook. Each week's practices build on the previous week's. The author also has demos on youtube and offers classes and consultations via Skype. Highly recommend if you want to restore your vision to what it was as a child.

Well written, well researched. Concise, but chock full of good info. Nate Oxenfeld is good people.

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