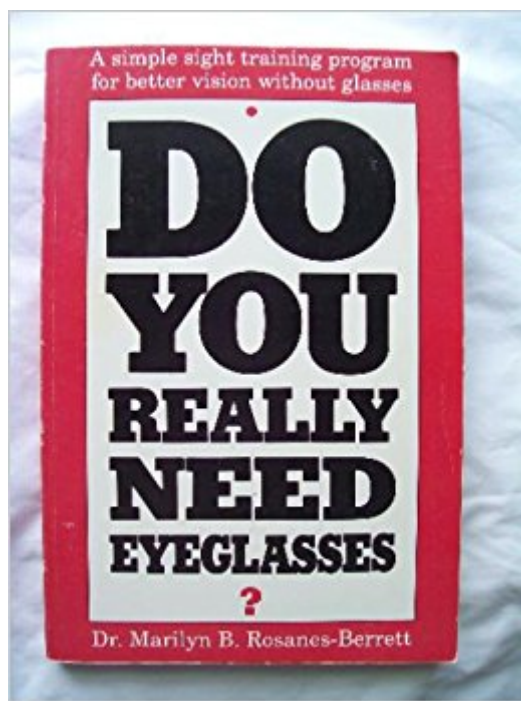


The book was found

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.

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

Do You Really Need Eyeglasses? 50 Maths Ideas You Really Need to Know (50 Ideas You Really

Need to Know Series) Eye Contacts, Lasik Eye Surgery, Or Eyeglasses: The Pros and The Cons (Blue Contacts,Discount Contact Lenses,Eye Lenses,Prescription Colored Contacts) What Really Matters for Struggling Readers: Designing Research-Based Programs (3rd Edition) (What Really Matters Series) I Really, Really Want It: Celebrity. It's a killer. What He REALLY Means When He Says... - The Ultimate Guide to Understanding Men, Knowing What They REALLY Think and How to Read Their Minds in Every Situation Dragon Naturally Speaking: The 100 Commands You Really Need to Know What You Really Need to Know About Caring for a Child With Asthma The Big Jewish Book for Jews: Everything You Need to Know to Be a Really Jewish Jew What You Really Need To Know For The Second Half Of Life: Protect Your Family! All You Really Need to Know to Interpret Arterial Blood Gases (Includes ABC Quik Course) 50 Philosophy Ideas You Really Need To Know (50 ideas) Everything You Need to Know About Caregiving for Parkinson's Disease (Everything You Need to Know About Parkinson's Disease) (Volume 2) Researching the Law: Finding What You Need When You Need It (Aspen Coursebooks) 601 Words You Need to Know to Pass Your Exam (Barron's 601 Words You Need to Know to Pass Your Exam) Everything You Need...english To Know About English Homework (Everything You Need to Know about (Scholastic Paperback)) A roulette system that will not make you rich, but will show you the way to win all you need for a living: If you see a table full of people and then suddenly ... empty, just with one person, that is me.. RETHINKING FATIGUE: What Your Adrenals Are Really Telling You And What You Can Do About It So You Really Want to Sue Your Doctor!: Here's When and How You May Do It.: Medical Malpractice 101 Everything You Need to Know about the Dangers of Tattooing and Body Piercing (Need to Know Library)

[Dmca](#)