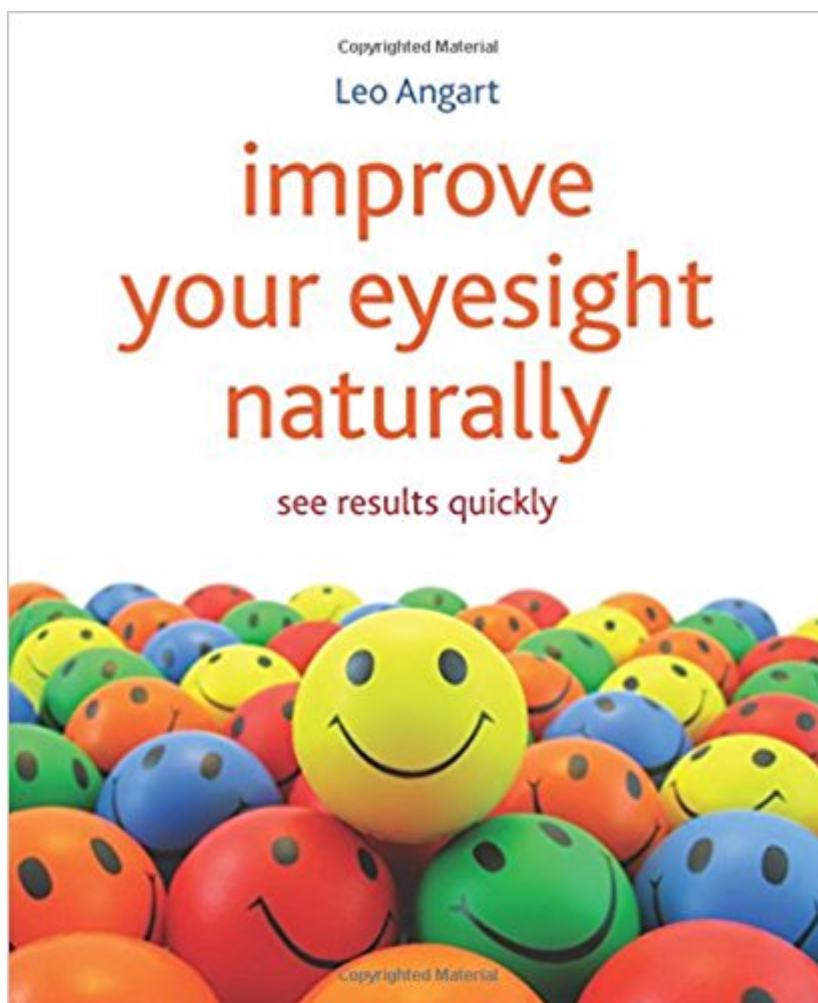


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# Improve Your Eyesight Naturally: See Results Quickly



## Synopsis

This updated edition of this widely popular book details strategies designed to improve your eyesight by literally exercising your ability to see and without the need for surgery of any kind. The author's approach is very specific and targets each degree of vision problem. He explains how you can tone your eye muscles, release tension and build up energy in order to regain your natural eyesight. Improve Your Eyesight Naturally includes simple vision tests that you can use yourself to verify your level of vision and monitor your improvements. It is effective for: Near-sightedness, the inability to see at distance Astigmatism uneven stress patterns in the cornea Presbyopia the need for reading glasses Eye coordination when the eyes point beyond or closer than the object of interest Anisometropia when the two eyes have different degrees of near-sight Amblyopia also known as lazy eye, a condition where the brain switches off one eye Strabismus when one eye diverges in or out. The previous edition of this book was published under ISBN 9783937553085.

## Book Information

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## Customer Reviews

Leo Angart is a business consultant, author and trainer. Having worn glasses for more than 25 years he speaks from personal experience. It has now been more than 19 years since he threw away his glasses.

Improved 1.5 diopters in two weeks using this method. I continue to do the energy exercise, string exercise, and others, and continue to see improvement every day. I highly recommend this book!

thank you

great book!!!!!!!!!!!!

Good book with lots of research behind it. Since it has come out, people have noticed that eye improvement can be achieved much quicker with faster results than is stated in the book. It amounts to doing about ten minutes of eye exercises a day, and occasionally through out the day while thinking about it, like waiting for the light to change, or waiting for the train to pass or other minute gobblers.

When I first read about Leo Angart's experience I was very excited and bought this book right away. I had been off my glasses for 4 month prior to buying this book, and I had been searching extensively about eyesight natural healing. I have read Jacod Liberman's book which was pretty awesome. That's when I first learn that vision is in the mind, and that sudden healing is very possible. What Liberman proposed is 'open focus', I guess it's about let go and relax your eyes while seeing. I also bought DVDs by Meir Schneider who was genetically blind but regained his vision. This is a perfect example that eyesight does not entirely depend on the structure of the eyes, that the mind has a determining factor. I also studied Martin Sussman's work. All these methods are based on the Bate's method. I had trouble committing to the exercises though. The fact that Leo Angart recovered his vision so fast is very appealing to me. He mentioned hypnosis, NLP, and pranic healing. I'm personally very interested in the first two, and am excited to learn about what pranic healing is. In fact Martin Sussman's audio product contains some hypnosis element. What drew me to this book reviewing here is the pranic healing of eyesight. However, this book did not mention pranic healing and how to use it for vision recovery. The only useful part for me is the eye exercise part. However, I was expect pranic healing, I was disappointed to find out that this eye exercise part is really short and the pictures are highly cartoonized that you cannot tell details of where the massages are being done. With the description though, it's not hard to find out that many of the massaged areas are meridian (Ã§Â»Â•Ã§Â»Âœ) based in Chinese culture. I am a Chinese American and I grew up in Chinese. These massage points are very well-known in China; I did not see it helping people improve vision as dramatic as Leo claimed. Having that said, I do believe his experience and how it is possible to suddenly regain vision. I still feel there are other elements in the healing process. Sometimes I think perhaps I did not dwell enough on the mind-vision relationship to

a point of sudden recovery. Anyways, it seems a long journey towards eye healing. I do can relax my eyes throughout the day now. I just feel hypnosis should be able to accomplish this rapidly; the issue might be an effective script...

I met Leo at NLP 2011 and he chatted with me about my sight. I am experiencing clouding of the posterior lens capsule, a side effect of cataract surgery. I am following his advice and noting positive changes in my sight. You will want to purchase this book if you are having any eye problems and experiment for yourself to experience the positive changes you can have.

The book provides practical information and is very well-written. In addition, it provides a scientific basis for claims. which is a huge plus.

I love it because Leo writes in an easy and effective way, about a complicated source, that affect many people, including me.

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