

Vision for Life, Revised Edition: Ten Steps to Natural Eyesight Improvement

By Meir Schneider Ph.D.

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All parts of the body need exercise for optimal health, and the eyes are no different. *Vision for Life* presents an approach to eye health for people with 20/20 vision who wish to maintain their perfect vision as well as people who see poorly and would like to improve their eyesight.

Clients of the Meir Schneider Self-Healing Method experience their own capacity to bring about recovery, reversing the progress of a wide range of degenerative conditions including eye disease. Based in part on the established Bates Method of eyesight improvement and in part on his own professional and personal discoveries, Meir Schneider's pioneering approach has helped thousands of people successfully treat a host of eye problems, including near- and farsightedness, astigmatism, lazy eye, double vision, glaucoma, cataracts, macular degeneration, retinal detachment, retinitis pigmentosa, and nystagmus. This revised edition includes a new chapter on children's eye health and new research and exercises for specific conditions, i.e., glaucoma and nystagmus, near- and farsightedness.

Born blind to deaf parents, Schneider underwent a series of painful operations as a young child and was left with 99 percent scar tissue on the lenses of his eyes, resulting in his being declared incurably blind. At the age of seventeen, he discovered how to improve his vision from less than 1 percent to 55 percent of normal vision with the eye exercises presented in this book. Today Schneider drives a car, reads, and enjoys the benefits of full natural vision. He and his clients prove time and time again how much vision can improve with exercise. His contributions to the field of self-healing are recognized by alternative health practitioners and medical doctors alike.

In *Vision for Life*, Schneider shares forty years of discoveries made on his personal and professional journey. The book details simple but effective techniques to gain great vision such as sunning and palming. Such exercises are not only strengthening but also restorative and deeply relaxing. The reader learns how to reverse developing issues before they cause damage or to remedy existing problems, including pathologies such as glaucoma, cataracts, macular

degeneration, retinal detachment, and optic nerve neuropathy.

From the Trade Paperback edition.

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Editorial Review

Review
"I have been impressed with the work of Meir Schneider for many years, having personally seen the improvements in vision of those who have worked with him."
—August Reader III, MD, FACS, Clinical Professor of Opthalmology, California Pacific Medical Center, San Francisco and Clinical Associate Professor of Ophthalmology, University of Southern California School of Medicine, Los Angeles

"Meir Schneider's mastery empowers the reader to move beyond the 'incurable diagnosis' toward the profound process of self-healing."
—Dr. Jacob Liberman, author of *Light: Medicine of the Future*

"What a book! Meir Schneider has created a magnificent, inspiring, and empowering work. This book is an essential and joyful treasure for all those looking for a teacher to help them heal and create health. I highly recommend it."
—Raymond Francis, author of *Never Be Sick Again*

"In this generous book, Meir Schneider shares the secrets, won through his own movingly documented triumph over near-blindness, of strengthening, rejuvenating, and healing the eyes by activating the body's own intelligence. A man of vision in every sense, he offers a program of exercises that is both inspiring and eminently practicable."
—Timothy Crouse, author of *The Boys on the Bus*

"This remarkable true story is a tonic for everyone who believes in the creative power of the human will."
—Marilyn Ferguson, author of *The Aquarian Conspiracy*

“Based on the Bates Method, Meir Schneider’s self-healing system has complemented my practice in those cases where our traditional medicine has its limitations.”
—Leonardo Verri Paulino, MD, ophthalmologist and anterior segment surgeon at ABC Medical School, São Paulo, Brazil

“Working with my patients has verified that many sight problems get better and heal by taking up the right habits. Meir Schneider presents us with a complete guide to doing so.”
—Amelia Salvador, MD, ophthalmologist, Alicante, Spain

"Meir Schneider's courage to rise to life's challenges with determination and deep personal confidence is an inspiration for us all. His personal story demonstrates that deep commitment to hard work can pay dividends that may seem impossible and that almost anything is possible if you believe in yourself."
—Len Saputo, MD, founder and director of Health Medicine Institute

“[Vision For Life] comes from an author born legally blind, who taught himself to see and in the process developed an innovative program of healing that has helped thousands of others. Exercises are designed to create healthier eyes, reserve developing issues before they cause damage, and help remedy common problems from near- and far-sightedness and lazy eye to glaucoma or macular degeneration.”

—Midwest Book Review

About the Author
Named one of the ten most inspirational people of Israel by a top national Israeli news program, MEIR SCHNEIDER is the founder and head teacher of the School for Self-Healing in San Francisco, which offers programs that satisfy the continuing education requirements of the American Massage Therapy Association (AMTA) and the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB). The School for Self-Healing has helped hundreds of thousands of people seeking solutions to chronic health conditions, including many people with vision problems. Born blind, Schneider taught himself to see and over 40 years developed a pioneering program of healing and recovery for the sighted and the blind, sharing his remarkable results not only at the School for Self-Healing, but also in popular books, CDs, and DVDs.

Users Review

From reader reviews:

Roy Brown:

In this 21st centuries, people become competitive in each way. By being competitive right now, people have do something to make these individuals survives, being in the middle of often the crowded place and notice by means of surrounding. One thing that sometimes many people have underestimated that for a while is reading. That's why, by reading a publication your ability to survive enhance then having chance to stand than other is high. For you who want to start reading a new book, we give you that Vision for Life, Revised Edition: Ten Steps to Natural Eyesight Improvement book as beginning and daily reading publication. Why, because this book is more than just a book.

Clifford Ranger:

A lot of people always spent their own free time to vacation or maybe go to the outside with them family or their friend. Are you aware? Many a lot of people spent that they free time just watching TV, or maybe playing video games all day long. In order to try to find a new activity that is look different you can read some sort of book. It is really fun for you. If you enjoy the book that you read you can spent the entire day to reading a book. The book Vision for Life, Revised Edition: Ten Steps to Natural Eyesight Improvement it is very good to read. There are a lot of people who recommended this book. These people were enjoying reading this book. When you did not have enough space to create this book you can buy typically the e-book. You can m0ore very easily to read this book out of your smart phone. The price is not very costly but this book provides high quality.

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