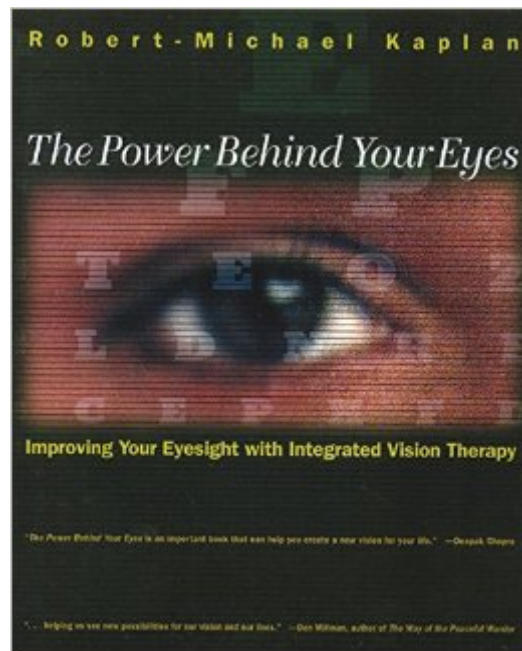


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# The Power Behind Your Eyes: Improving Your Eyesight With Integrated Vision Therapy



## Synopsis

Good vision is more than the ability to see 20/20 on an eye chart. Any vision problem is a message alerting us to an unbalanced inner state. Eyeglasses, medications, and surgery may correct poor vision but they cannot correct this inner imbalance. In *The Power Behind Your Eyes*, Robert-Michael Kaplan presents Integrated Vision Therapy a comprehensive daily program that can actually improve as well as treat the inner causes of poor vision. More comprehensive than other vision care techniques, Integrated Vision Therapy takes a holistic approach to identifying the causes of vision problems and developing noninvasive, natural strategies for treatment, including clear, easy-to-follow exercises, diets, and changes in daily habits.

## Book Information

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Average Customer Review: 4.1 out of 5 stars Â See all reviews Â (10 customer reviews)

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## Customer Reviews

I didn't find this book helpful. The author proposes that vision problems are the result of emotional difficulties, or improper diet etc. There is very little reference to any exercises that might help. Mainly it consists of anecdotes, and is quite repetitive. This wouldn't be my first choice in vision improvement literature.

I'm returning to vision therapy fairly nearsighted with -7.5 diopters in both eyes, but with memory of past success in vision therapy programs as a youth. Kaplan takes a holistic approach to vision therapy, tying in emotional development and current life patterns to vision health. I too subscribe to a holistic approach, but I find myself unable to sit through the book's presentation for long: It's heavy on anecdotes, ruminations, reflections, imaginary stories, analogies and the like, but light on actual

substantive advice. Ironically, I find this book on vision therapy surprisingly unfocused! Only about 30 of the 180 pages are devoted to explaining vision techniques to practice, and even some of these are hidden within the text undistinguished. This sparseness is evidenced by the length of book's appendix "Essential Integrated Vision Therapy Program": it's only a short column long. I'd also like to have seen footnotes citing specific studies, rather than relying on anecdotes and the bibliography, especially in support of some of his more surprising claims, such as that iris texture reflects personality type (Rayid). While this book does take a holistic approach to vision therapy -- which I think useful to anyone with poor vision health -- I'd look elsewhere for a concise and substantive book that's also easy to digest and apply.

This is an excellent book. It explains how your eye sees and why. I just had cataract surgery in both eyes and was struggling because I went from being near sighted to being far sighted. The exercises in this book and the understanding of how the brain works has helped me immensely.

This book offers perspectives on and tools for healing of the eyes. It opens the reader's perspective on how to consider eye conditions. And, if the concepts are followed, eye improvement occurs.

Dr. Kaplan acknowledges the connection between our emotional states, our history and experiences, and how we see and relate to the world. Beyond that, he includes many exercises and suggestions for improving your vision without surgery, contact lenses, or eye glasses.

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