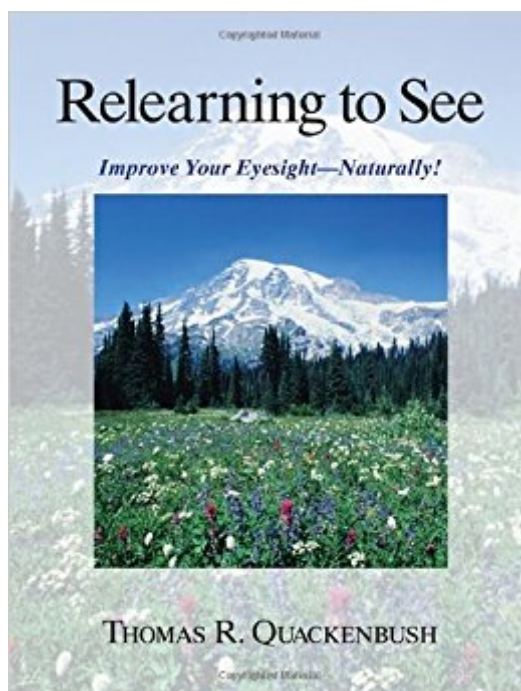


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# Relearning To See: Improve Your Eyesight Naturally!



## Synopsis

In this accessible presentation of the famous Bates method, Thomas R. Quackenbush (who teaches the Bates method in California and Oregon) describes how eyesight can improve naturally, at any age and regardless of heredity. This book is a wonderful tribute to the genius of Dr. Bates, who was a pioneer in discovering how vision becomes blurred and how it restores itself naturally to clarity and acuity. Now 80 years later, his findings and teachings remain light years ahead of our contemporaries. His approach to treating vision problems was truly holistic and the theme throughout this book is very much an extension of that holistic approach. Dr. Quackenbush is to be commended for his dedication in getting the truth out and keeping the torch burning in this "bible" on vision improvement.

## Book Information

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## Customer Reviews

"Relearning to See is a very impressive text!...outstrips all its predecessors...Most complete text that we've ever seen on natural vision improvement. For anyone seeking to improve their eyesight without drugs, surgery or prescription lenses...For anyone seriously interested in vision improvement or the Bates method, Relearning to See is a 'must have'..."  
—•Rosemary Jones  
"Relearning to See...has got to be one of the best and most comprehensive books on natural vision improvement and the Bates method ever written...many glorious illustrations...two books for the price of one!...a very well-written book professionally presented. If you only want to buy one book on natural vision improvement, make sure this is the one."  
—•Chen Hanwen

This huge book, filled with illustrations and color, walks one through the original Bates writings with updates and improvements. Quackenbush's work seizes the head of the field. --This text refers to an out of print or unavailable edition of this title.

Last visit to my eye doctor he is trying to push me into stronger lenses, yet I can see 20/20 with my old prescription? He wants me in bifocals, no.. I hate reading through lenses, I wanted contacts and he pushed bifocals ones on me, I said no, I won't wear them. I took them as he refused to fit me for the standard ones and threw them out ... he claims poor eyesight comes with old age and he had just had laser surgery done on himself. I believed that my eyes don't have to get worse and decided to find a book to help me maintain what I have. This book has exceeded my expectations. I can't believe the change in a week, I feel so optimistic about the future of my eyesight, I truly believe I will be prescription free at some point and all I wanted to do was to maintain what I had. My biggest problem has been staring and diffusing and by just avoiding these two things I can feel the eye muscles sigh ... no lie. Anyhow, unless you have an eye disease I think you will improve your vision following this book. If I wear glasses a bit it seems to set me back an hour or so until I can get the muscles relaxed again, I feel too much strain with my present lenses. Anyhow, I want to go back to the eye doctor just to prove that he is .. wrong .. but I won't, I will seek out someone more open minded. Sometimes when I am out and I want that clarity I cheat by making that pinhole with my fingers ... that is cool, that made me realize that everything I need for perfect eyesight .. I have. Also, I never realized how much time I spent in la la land either, staring off. Now that I don't stare or should I say, now that I am doing my best to avoid staring, I am more present in my life and that is good thing. I also have the book *The Power of Now* (Eckhart Tolle) and good eyesight habits actually help keep you present, read both and achieve two things at once. Anyhow, enjoy the book, don't start reading it and then put it down because it is thick textbook like, ... I did that and delayed my own progress. It is really well written, easy read with lots of extra info which I liked ie. about the animals. Also, these are not exercises but good vision habits, I tried some eye exercise program years ago and I felt that it created more eyestrain so I quit. Anyhow, good luck everyone.

I read this book last year and then after reading that seeing a natural vision teacher was ideal (I am not sure if I read that online or in the book) I decided to give it a shot. The first session was an hour and 30 minutes and cost me 90 dollars, but the book had given me so much information that it was a complete waste of my time! Everything she told me "Relax your eyes" "Do palming" was stuff that I

had already known, so my advice to you is to not use a natural vision teacher unless you can find someone really cheap who will allow you to stick with the program (unless you don't mind forking over quite a bit of cash). Otherwise, all you need is this book. Anyway, the main point of this review is that all you need is THIS book and perseverance. You don't need fancy instructors to tell you what to do unless you are feeling unsure that you are doing it correctly, but this book is extremely detailed in describing all the particulars of how the eye works and how to follow certain good eye habits to improve your eye's health. I say STICK WITH IT because I did not my first go around and I while I maintained some of the eye habits and improved my vision slightly, I did not maintain all of them and started to wear my glasses more frequently so all it had allowed me to do was maintain my current prescription (which was my fault and not the book's). But this summer I have actually been sticking with it (for 2+ weeks actually) and I have seen RADICAL improvement. While walking around everything will just become clear and now it no longer goes away when I blink, it stays as I relax my eyes more and more and it moved me so much that I actually began to tear up (I am an emotional person, so sue me ;) ) but anyway after I clear my vision up to 20/20, which hopefully will happen in a year or less...I will be offering free information classes to those who want to improve their eyesight and dedicate much of my time to allowing others to hear this wonderful information. It is such a SHAME that more people do not know about it!!!DO NOT GIVE UP ON THIS PROGRAM, that is the key to your success. You will do it continually over and over again without results and just one day when your chronically stressed eyes begin to relax you will see just how powerful this method is when you can see the world clearly without corrective lenses. Thank you for providing us all with an affordable way to correct our eyesight! I have tried it for years and this is the only thing that has worked for me. It takes a little while to get it going, but once you see the progress you will be motivated to continue. I will review this book again when I reach 20/20 vision...I am already seeing people's faces more clearly as well as lettering/license plates etc, but I have not gotten my vision checked, which I probably will not do for a while... My best vision comes when I am outside playing sports, riding a bicycle, or just looking out the window of my car (while I am not driving of course!) so make sure you couple this program with a more active lifestyle. Your eyes will thank you :) If only I could get some of my friends to pick up this book!

I wasn't going to buy this book as I thought that it was just another self help hype type book .But upon reading it I began to do the exercises and things Dr,Quackenbush said to do. I was familiar with the Bates methods and this one took me a step further. I followed instructions and actually went without my strong (expensive ) progressive lenses. I went down in strength rapidly .I did the

exercises a lot. I started wearing magnifying readers at first and 1.75 magnifiers for far off veiwing .It's been about six months now and I finally went to the optometrist only to find that I can now buy single vision readers ,just for the computer and reading. What a joy it is to once again go without a constant pair of glasses on my face !!! Thanks to Thomas Quakenbush I can now SEE without glasses except for small print .I highly recomend reading this self-help book ! You will love it !

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