



Take Off Your Glasses and See: A Mind/Body Approach to Expanding Your Eyesight and Insight

Jacob Liberman

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This revolutionary new look at vision will broaden your understanding of how you see and how you *can* see without your glasses or contact lenses.

Take Off Your Glasses and See shows you how to free yourself from the crutch of prescription lenses, to build your self-confidence and awareness, and to open up your inner and outer vision in order to see more clearly.

Jacob Liberman, an internationally recognized authority on holistic vision care, explains how most vision problems are the result of an unconscious decision to "close your eyes" to emotional discomfort or pain, and how increasingly powerful corrective lenses only encourage eyesight to withdraw even further. By removing lenses and practicing breath- and movement-awareness techniques to shift your perception, you can reintegrate the original disruption in the mind/body system. Dr. Liberman's approach can help you join the thousands who have escaped from the self-defeating cycle of poor vision.



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