



***A Surprising Way to Relieve Eyestrain and Stress:
Mirror Exercises and Vision Therapy***

Author

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Author Bio

Joseph L. Shapiro, OD, FCSO is a highly regarded behavioral optometrist respected by both traditional medical and alternative health practitioners. His advanced perspective and pioneering efforts in the field of vision therapy have made him a thought leader in the United States for decades.
<https://visiontherapyunlimited.com/>

Book Synopsis

This 90-page DIY (self-help) handbook with 21 instructional photos teaches a Vision Therapy technique using a hand mirror to relieve symptoms of eyestrain and stress. You will gain valuable insights into your unique visual patterns and observe how the subtle workings of your brain affect your vision and your stress.

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Categories

LCSH Eye--Care and hygiene. | Visual training. | Vision disorders. | Vision. | BISAC Health & Fitness / Vision | Health & Fitness / Alternative Therapies | Self-help / General

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