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<https://visiontherapyunlimited.com/>

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Behavioral Optometrist Joseph L. Shapiro's ***A Surprising Way to Relieve Eyestrain and Stress*** Offering DIY Mirror Techniques Debuts on Amazon.com February 2024

New York, NY – “After 49 years of practice in New York City I am continuing my mission to share innovative concepts and insights employing natural therapeutic solutions for vision issues that integrate all aspects of the eye, mind, and body, including how to use a hand mirror” remarks behavioral optometrist Joseph L. Shapiro, OD, FCSO about his highly praised e-book *A Surprising Way to Relieve Eyestrain and Stress: Mirror Exercises and Vision Therapy* (Vision Therapy Unlimited LLC, ISBN 979-8-9867623-0-2 • \$5.99 Kindle • 90 pages, 21 photos).

<https://www.amazon.com/Surprising-Way-Relieve-Eyestrain-Stress-ebook/dp/B0CVBKNHRC/>

**“By showing you how to use a mirror to see how you are seeing, Dr. Shapiro opens a visual portal, allowing your own awareness to become curative. It’s brilliant.”** writes Jacob Liberman, OD, PhD, author of *Take Off Your Glasses and See* and *Luminous Light: How the Science of Light Unlocks the Art of Living*.

Susan R. Barry, PhD, and neuroscientist adds, **“Stress erodes our vision, and our vision impacts our well-being... Dr. Shapiro’s wise and succinct book helps us improve not only our vision but also our overall health.”** Barry is the author of *Fixing My Gaze: A Scientist’s Journey into Seeing in Three Dimensions* and *Coming to Our Senses*, the newly released *Dear Oliver: An Unexpected Friendship with Oliver Sacks*, and more.

Dr. Shapiro’s book offers 21 color photos with detailed guidance on how to relieve symptoms of eyestrain and stress with a hand mirror at home. The exercises offer

valuable insights into our unique visual patterns so we may observe how the subtle workings of our brain affect our vision and our stress.

This Vision Therapy technique uses a mirror exercise 20 minutes a day, three days per week, perhaps up to three months, or when you feel you might need it.

For more about Joseph L. Shapiro, OD, FCSO and his book see <https://visiontherapyunlimited.com/> .

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