



Take Off Your Glasses And See: How to Heal Your Eyesight and Expand Your Insight

Jacob Liberman

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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. Dr. Liberman's approach can help you join the thousands who have escaped from the self-defeating cycle of poor vision. **15 black-and-white photographs.**

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