



# Vision Self-Healing Self-Help

*Stephen Lau*

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## **Vision Self-Healing Self-Help** Stephen Lau

"Vision Self-Healing Self-Help" is a 147-page book on vision health based on the author's own experience of vision impairment due to his myasthenia gravis, which is an autoimmune disease affecting eye muscles and thus vision.

The book is also based on the Bates Method of vision improvement through eye exercises, as well as body, mind, and eye relaxation.

This book covers various types of eye disorders, including macular degeneration, glaucoma, and cataracts, among others. It also includes vision nutrition.

Improve your eyesight through awareness of good vision habits, such as blinking, shifting, eye palming, and soft vision, among others. It is never too late to improve your vision and to have better eyesight.

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