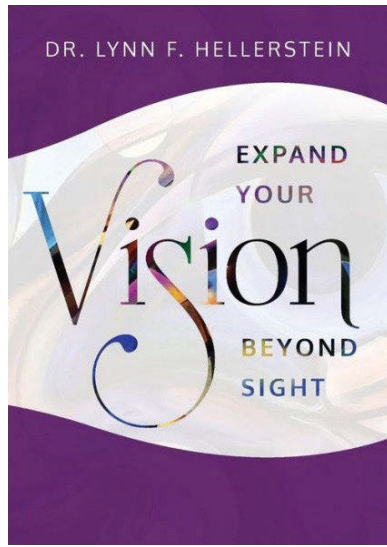


Expand Your Vision Beyond Sight

Dr. Lynn F. Hellerstein
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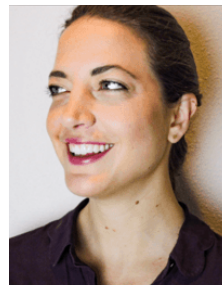
Reviewed by: Katie Davis, OD, FCOVD



Looking for an opportunity to expand your community's understanding of the role of vision in the world? Dr. Hellerstein's poignant, succinct, and passion-filled book illuminates a vision therapy doctor's "why" behind the commitments to developmental and rehabilitative vision. Woven throughout the story, the importance of maintaining an open-your-periphery view of life and patient care is emphasized. She builds the book's foundation by sharing how her personal story of success was nearly compromised and broken by health issues. Throughout her physical healing, she supported her emotional and mental wellbeing with Landmark Worldwide Education, Regenerating Images in Memory techniques, and visualization exercises. Ultimately, she regained her health and happiness in ways she was not aware were possible. She learned to trust her intuition and allow her inner vision to embolden her outer vision.

This book celebrates her journey and achieves its goal of guiding the reader to shift his or her perspective on what it means to be a visually competent individual. Most importantly, after a concise explanation of what it means to see beyond 20/20, she stirs the emotions underpinning why a developmental and behavioral model of vision can enhance lives. The book shares the stories of four patients, ranging from ages four to seventy-four, and illustrates the profound ways vision and vision therapy can influence a person's life journey. At seven years old, Joey's eyes crossed, dramatically affecting his ability to learn. He gave his all at school, but his visual system frustrated his efforts. Betty, at seventy-four, could not wear her glasses because they inhibited her creativity and artistic skills. Reynold, at seventy-two, was ready to stop his Ironman training because of double vision. And finally, Trevor, in his early twenties, suffered a brain injury that stole from him a large portion of his field of vision, serving as a major obstacle to his lifelong goal of becoming a doctor.

Dr. Hellerstein writes, "Contrary to what most believe, your vision does not limit you. In reality, you (and others) limit your vision by attitude, behavior and practice. Look at your world in a new way ... and expand the world of possibilities through vision training." This message will be well-received as an inspiring read for those recovering from significant life challenges and those who need help in our patient and professional communities understanding the possibilities of expanding your vision beyond sight.



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Dr. Katie Davis practices in Columbia, SC, at The Vision Therapy Institute. She achieved board certification from COVD in 2017. She serves as the new member director on the Membership Board for SC Optometric Physician's Association and the SC Vision Rehabilitation Committee Chair.