

Dr. Marilyn Rosanes-Berrett says, "Unless you are a rare case,

you could learn to see better without glasses than you now see with them."

These are the words of Dr. Marilyn Rosanes-Berrett, Ph.D. She speaks common sense — about how your dependence on glasses is now destroying your vision. Glowing words of promise like this—

"We do not have to continue crippling ourselves."

"You wear eyeglasses. . . You expect to wear them for the rest of your life, obtaining stronger lenses every couple of years, as your eyes grow weaker. But unless you are a rare case, you could learn to see better without glasses than you now see with them. So could most of the other 100 million Americans who wear glasses, and the 8 million who use contact lenses, which are even more expensive."

These figures are the worst in the world — because. . . we depend more on glasses; and in so doing we destroy our vision."

"The steps that follow. . . consist of techniques that relax the body, improve circulation to the eyes and the brain, loosen tense muscles — including those of the eyes — and tauten flaccid muscles. These techniques — which are emphatically NOT exercises — have been found to banish or alleviate nearsightedness, farsightedness, middle-aged farsightedness, and other common malfunctions."

"Our eyes do not fail us. We fail them."

"These techniques appear so simple that a friend of mine jestingly compares them to kicking a non-working radio, and hearing Beethoven's Fifth Symphony. Our technique that helped Mrs. H., for example, merely required her to sit in front of an ordinary lighted lamp, shut her eyes gently, and turn her head slowly from side to side. In another procedure, she had only to cover her eyes with her palms. . ."

"Among the techniques I devised for Mr. Q, the one most likely to elicit the comment, 'Aw, come on now!', consisted of having his nurse wave a colorful magazine before his eyes several times a day."

"Older people frequently achieve bet-

ter results than younger people."

"Why abandon a time-tested, efficient device (glasses) in favor of a new theory? Anyone whose glasses fog in the kitchen, or whose work day is ruined because of glasses forgotten at home, might answer that question. So might the millions who need ever stronger prescriptions because glasses weaken rather than strengthen their eyes."

"Improved sight — without glasses — is within the reach of millions of people!"

"By month's end, anyone with no worse than average myopia (near-sightedness) should notice a considerable improvement in vision."

"Simply bathing the eyes in light is a relaxant for mind and body. It provides food for the retina and other nerve tissue essential to sight. There is a theory that it slows the aging of the brain. And, less dramatically, it clears bloodshot eyes, helps overcome and prevent granulation of the eyelids, and eliminates itching of the eyes. Yet. . . it is the most undemanding of practices — as pleasant and as soothing as a warm bath for the body."

"Properly applied, they should help to forestall the development of serious eye diseases."

"An ophthalmologist who tried out this gadget . . . told me nervously that it accomplished its purpose more efficiently than did the thousands of dollars of optical equipment he used."

"To avoid wearing bifocal glasses, practice the procedure for myopia."

"The Long-Standing Swing, if performed at night, has been known

ABOUT THE AUTHOR—

"Almost incredibly, after a single lesson I saw better. . . After several lessons, I discarded my glasses. . . Today, more than 25 years later, I still do not need glasses, although most people my age have long since resorted to wearing them."

More than a quarter century ago, Marilyn Rosanes-Berrett was herself beset with farsightedness, astigmatism and crossed eyes — yet today she does not wear glasses. She began her education in improved sight at the American Association for Eye Training. In 1966, she earned her Ph.D. from New York's Yeshiva University. She is now Director of the Gestalt Center for Psychotherapy and Training.



to banish insomnia. It stimulates blood circulation. If it can be crowded in during the day. . . it makes for a refreshing rather than fatiguing day."

"This is a small price to pay for a day-long sense of well-being, sound sleep and better vision."

And when will you take off your glasses? Here is her no-nonsense answer —

"Take them off whenever you are comfortable without them. . . and keep them off only so long as you are at ease without them. At first, these periods of ease may be brief; later, they should lengthen."

"I am sometimes asked, 'But after I have done the techniques, and strengthened my eyes, won't my muscles tighten up again when I put my glasses back on? I cannot do without them entirely.' The answer is to obtain **WEAKER** glasses from time to time. Eventually, you should be able to do without glasses at all, at least for long periods."

READ WHAT A PRACTICING PHYSICIAN SAYS—

"As a physician, I have been closely associated with the sight-training methods described in this book. . . In the same way as exercises and relaxation techniques keep us physically fit, the techniques described in this book will tend to improve vision. . . will greatly help individuals with common refractory errors (nearsightedness, farsightedness, middle-aged farsightedness, etc. Occasionally, even patients with severe eye diseases have derived considerable benefit from a combination of this method and ophthalmological care."

Valentine W. Zetlin, M.D.

FULL MONEY-BACK GUARANTEE

Send in the No-Risk Order Blank today. Try Dr. Rosanes-Berrett's simple procedures, on your own eyes, in the privacy of your own home, for as long as you wish, entirely at our risk.

A new pair of glasses can cost you as much as \$70 to \$100. And if you also buy a second pair for safety purposes, this means that you are spending a total of \$140 to \$200. **FOR WHAT?** Dr. Rosanes-Berrett's book may eliminate these tragic expenses — forever.

JUST A FEW CASE HISTORIES!

1. "A doctor had worn glasses for forty years, and without them could not see the big 'C' on the standard eye chart at twenty feet away. Through a single lesson with a simple technique (see page 106), and within just a few moments, the doctor was reading at twenty feet what most people see clearly only at fifteen feet. A year later, he demonstrated that he had achieved perfect sight, both close up and at a distance. He could read the smallest type in his newspaper without glasses, and distinguish people in automobiles across the Hudson River."
2. "A 41-year-old woman who was preparing to study Braille in expectation of total blindness. Several doctors had treated her, but the left eye was sightless, and the right one failing. I gave her two lessons, and she promised to practice for three months. At the end of that time, she wrote me that her ophthalmologist had told her that the damaged tissue was healing. Now, in her sixties, she holds a responsible post that requires much careful reading."
3. "A well-known figure in broadcasting, who is the only case I know of that involved training by telephone. About 25 at the time, he had only moderate nearsightedness, but after twenty lessons, it was gone."

MAIL NO-RISK COUPON NOW

Instant Improvement, Inc.
450 Lexington Avenue
Grand Central Station
P.O. Box 2788
New York, NY 10163

☐ My check is enclosed
Charge my credit card:
☐ Mastercard ☐ VISA

Credit Card No.

Exp. Date

Signature

Please rush me **DO YOU REALLY NEED EYEGLASSES?** by Dr. Marilyn Rosanes-Berrett. I enclose \$7.98 plus \$2.00 postage and handling. I understand that I may examine this book for AS LONG AS I WISH, since I am protected by your No-Risk Guarantee. New York residents, please add appropriate tax.

(EY)

Name

Address

City, State Zip