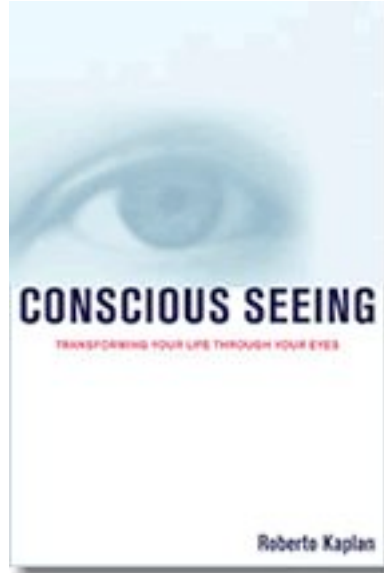


Amazon.com Comments about Dr. Kaplan's Book *Conscious Seeing*



Philosophic and spiritual look to the eyesight, July 1, 2005

Conscious seeing is a very touching, deep and poetic philosophy of seeing. This system of thought treats the eye as an ideal model which helps us to understand the speciality of human perception. To make the reader understand this reasoning, the author operates with many metaphors and vivid stories which are literary works of imagination.

The author tells that the sharp vision given by glasses or contact lenses has its cons. In the fog and vagueness of what is called "bad eyesight", there are new gates of perception, new thoughts and feelings, which would have been unable with sharp vision. This does not mean that the author makes excuses for bad eyesight. He just discourages from using lenses which narrow the sight and narrow the mind. When the eyesight is focused by the lenses, we are paying much attention to detail and cannot see the worlds as whole, we loose the holistic way of perception. If we understand that, we'll make the first step on the way of improving our eyesight.

To see, not to look - this is the main point of the book. Lots of people do look, but only a few do see. Transforming your habits to really seeing is a key to better, healthier and more exciting life. There are the following traits of a person who looks but not

sees: gets up from the bed quickly, thinks about being in a bathroom as an unpleasant necessity, takes meals on the run, feels lack of real contact when meets with people, the thoughts about job and plans of paid occupation are always rolling inside the mind, the body always feels tired, don't make even morning exercises, or opposite, are too fanatic with fitness.

Seeing and social life is an important aspect of the book. The author analyzes the important phenomena of social myopia which leads to social disjunction.

Besides the philosophic and spiritual look to the eyesight, the author presents many scientific advises, habits and exercises to improve the eyesight and get rid of lenses. In addition to this book I highly recommend "The Bates Method For Better Eyesight" by W.H. Bates and "Help Yourself to Better Sight" by M.D. Corbett.