



The Secret of Perfect Vision: How You Can Prevent or Reverse Nearsightedness

By David De Angelis

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Author David De Angelis's search for a cure for nearsightedness was both professional and personal, since he suffered from the disease himself. An expert in muscular work dynamics, he discovered through extensive testing and an immersion in decades of scientific studies that working the extrinsic ocular muscles could preserve sight and re-educate the eyes toward better vision. He came to understand the importance of retinal defocus for transforming ocular refractive status. In this book, the author shares both the science and the "secret"—progressive retinal defocus technique—of how he was able to reverse his own myopia. The system's efficacy, he says, comes from the fact that it directly intervenes with the causes that generate myopia onset and development (overaccommodative/near-point stress). When adequately stimulated by the simple exercises presented in the book, ocular refractive capability leads to gradual strengthening of focusing capability and gradual decreasing of refractive error. Written in straightforward language, and featuring an extensive section on the scientific research in this field, *The Secret of Perfect Vision* offers a proven program of healing to the millions of people afflicted with this condition.

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Editorial Review

Review

“The body is self-healing. This book provides a roadmap for recovering that miraculous power. As an optometrist and vision scientist I can attest to the effectiveness of this work.”—Jacob Liberman, OD, PhD, author of *Light: Medicine of the Future, Take Off Your Glasses and See*, and *Wisdom from an Empty Mind*“Vision is a complex, mysterious, and marvelous process that is still not fully understood, even by those in the scientific and medical communities. I welcome David De Angelis’s contributions to furthering this understanding. The fact that his approach has worked for him is further proof that each of us has the power to regain better vision and sharp focus—a message I’ve been advocating for the last thirty years.”—Martin Sussman, president and founder of Cambridge Institute for Better Vision and author of *The Program for Better Vision*; www.bettervision.com

About the Author

David De Angelis received his degree in law at La Sapienza University in Rome and was heading toward a career in forensics when he became interested in learning more about the body’s development and psychobodily integration in the wake of muscular rehabilitation techniques and bioenergetics. After a great deal of studying and research, De Angelis wrote *Power-Flex Stretching: Super Flexibility and Strength for Peak Performance* (Pagefree Publishing 2005), in which he explains innovative techniques for developing greater strength and flexibility.

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