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VISION Development & Rehabilitation

ISSN 2374-6416 • VOLUME 4, ISSUE 1

JOURNAL OF THE
COLLEGE OF OPTOMETRISTS IN VISION DEVELOPMENT



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Luminous Life: How the Science of Light Unlocks the Art of Living

Jacob Israel Liberman, OD, PhD, with
Gina Liberman and Erik Liberman

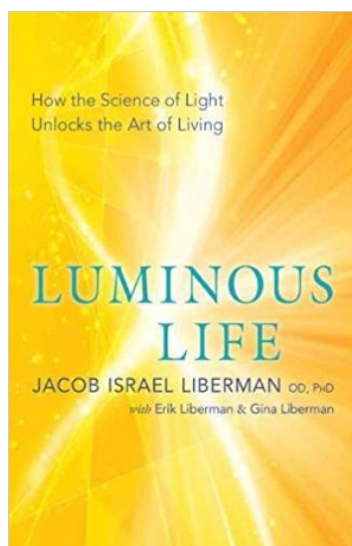
Publisher: New World Library
(February 8, 2018)

ISBN-10: 1608685179

ISBN-13: 978-1608685172

\$15.95

Reviewed by: Sam Berne, OD



Light is the medium optometrists use to evaluate and treat vision problems. In Jacob Liberman's new book *Luminous Life*, he describes how light is all around us. It guides us, it is inside of us, it helps nourish us, and it is what catches our eye to help us see. *Luminous Life* takes the science of light to a new level of exploration, even more than his earlier book *Light: Medicine of the Future*. The book starts by stating that "light is more than waves and particles, it is a purveyor of consciousness. Light finds us and guides us."

Jacob poetically blends philosophy with science as he writes about light discoveries as it relates to vision. Chapters 1-4 describe the essence of light and its navigational properties.

In one example, Jacob describes an experience while he observed Dr. John Streff's retinoscopy demonstration at the Gesell Institute. Dr. Streff showed that retinoscopy can show our thinking and visualization just by observing the retinal reflex. In chapters 5-8 Jacob writes how light affects the deeper aspects of the mind and heart. He says that scientists and philosophers all come to a similar conclusion, that seeing may have its roots in the unseen world. According to Jacob, insight, and awareness heighten our ability to see the light.

In Chapters 9-11, the section begins by talking about the cycle of breathing as a primordial pulse of natural expansion and contraction. He describes that to experience our full potential, we must reestablish this natural state of "flow" by recognizing breath is the fundamental connection to the source of all life. He offers a one-minute arrow meditation which he says will allow you to directly notice how your false identity interferes with your ability to breathe freely, learn effortlessly, and experience true presence. He ends this section by talking about a seamless link between light and life. In the final Chapters, 12-14, Jacob gives a glimpse into what the future might look like by exploring how technology affects our vision and attention. Jacob offers a new paradigm that includes aligning the physical eye the mind's eye, and the eye of awareness as a way to experience oneness.

Overall, the book is easy to understand, and Jacob tells his story by tracing the past experience, present, and future wisdom of what he has discovered about light and how it influences us.

Dr. Liberman is able to weave together the science of light with the art of living, offering examples of how to think about light and vision in a new way. If you understand this going in, then you will be rewarded with some new concepts that could influence your thinking and treat your patients more effectively.

More details on the book are available at <http://amzn.to/2lqynLO>.

Editor's Note: The last page of Dr. Liberman's new book includes a message from its publisher, New World Library, that is inspiring. We have included it here for your reading pleasure.

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REVIEWER BIOGRAPHY:

Sam Berne, OD
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Dr. Sam Berne has been in private practice in New Mexico for over 25 years and is an established leader in functional medicine. He holds a Bachelor of Science from Pennsylvania State University, Doctor of Optometry from Pennsylvania College and did his postdoctoral work at the Gesell Institute in collaboration with Yale University. He has been awarded The Special Awards for Service from the Behavioral Optometrists in Mexico for his innovative and holistic work with children.

Dr. Berne uses holistic optometry and vision therapy to improve eye health, vision and overall wellness. He understands and treats the body as one integrated system, rather than a collection of independent organs, in order to identify and address the root causes of disease. This approach views each person as genetically and biochemically unique, therefore his treatment methods are personalized and tailored to the individual.

Dr. Berne uses Whole Health Methods to give patients' approachable, immediately usable, and powerful protocols for improving their vision and wellness. He has developed innovative methods for healing the mind-body-spirit through eye therapy and provides individuals with natural alternatives for reducing disease and improving vitality. These methods offer a holistic solution to children and adults with Autism, ADHD, Cataracts, Dry Eye, Glaucoma, Macular Degeneration and many other diseases.