

The 9 essential steps
For
Find good oversight
Without glasses



rediscover the good vision habits

By

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Introduction

Tired of feeling tired in your eyes at the end of the day?

(and sometimes even on waking)

To have itchy eyes regularly?

Do you want to free yourself from the feeling of being lost if you don't have your glasses on?

(or nearby)

Do you want to be able to do without your glasses for your activities, whatever they are?

Do you want to reconcile with your visual sensations?

This guide is there to help you find the reflexes essential to the freedom to see **without glasses**.

Step 1 : Accept being blurry

Get used to not wearing glasses anymore.

It take a certain amount of letting go, but this step is essential in your quest for freedom.

Admittedly, seeing things « clearly » is pleasant, it is besides the grail of your quest,

But there is poetry in the blur, and come to think of it, minimal consequences in your life.

Ask yourself the right questions :

- Will I find my way back to the kitchen or the bathroom if I move around without glasses ?
- When I walk or jog in nature, will I stumble over every pebble or rut in my path ?
- If I walk on the street without glasses,
 - o Will I take all the lampposts ?
 - o Will I stumble on any steps or sidewalks ?
 - o Will I get lost in the city that I have known for a few years already ?
 - o Is it so important to recognize everyone on the other side of the street ?

You will understand where I am coming from :

You have plenty of opportunity to do without your glasses, without affecting your life.

Take it step by step, at your own pace, the goal being to gradually leave your visual comfort zone without feeling in danger.

Gradually push your limits to expand your comfort zone !

Start with the places most familiar to you :

In your place of residence :

Start by leaving your glasses on the kitchen table before going to your bedroom to go to bed.

This way, your first gesture when getting out of bed will not be to put on your glasses before any trip,

And you can prove to yourself that it is possible to you to move around your home without you crutches and without risk.

(Please note, I do not encourage you to move with all lights off at 3am ! You can move in the light !)

During your walks and jogging in nature :

Be a good skeptic and surprise yourself !

Start by walking in nature, on country roads or in forest.

Enjoy the great outdoors, colors, surrounding sounds **without your glasses**.

Take this walk with someone close to you, so you can talk and be reassured by a presence of a friend.

You can of course keep your glasses in your bag, because it is reassuring to know that we have an exit door.

But avoid keeping them on your head or in your shirt collar so as not to be tempted to rest them on your nose easily. (reflex, when you hold us !)

This walk in free vision will be all the **easier on a good day**. Your eyesight will be better, even without your glasses, and you can enjoy the shadows cast by the trees bathed by the sun.

In the city :

This step can be more difficult than the others.

Given the number of visual information to assimilate,
Let go and enjoy the colors of the city, its signs, its windows that will give you the impression of contemplating a painting by Claude Monet.



You know your city and its shops, you can find them without using your glasses.

If a person you know is across the street, that person who appreciates you is sure to cross the street to greet you.

And if it is not, it is that this person does not really want to see you, and that's ok !

Stroll around, rediscover your city.

And if you feel like shopping, you can put your glasses back on to better see the object of your desire (at least at the start).

As with nature walks, make sure to avoid the temptation and the ease of putting on your glasses by leaving them in your bag.

Gradually get used to moving around without crutches to better re-educate yourself.

Understand the reason for weaning yourself from your glasses

- To gradually free yourself from it
- To allow you to become aware of the state of your eyes (tiredness, irritation, acuity...)
- To relearn to see freely

Your glasses are like crutches for an injured person,

They help you to remedy your vision defect, so that you can move forward and carry out your daily tasks without (too much) discomfort.

**They remedy the consequences
But do not treat the causes of this vision defect.**

A person injured in the leg will use his crutches until he finds full use of his member.

This rehabilitation will be done through exercises allowing his leg to regain its strength and mobility.

Vision failure may have been caused by one or more causes :

- Bad habits,
- Excessive and prolonged tiredness,
- Psychological blockage...

But for many of us, it didn't come from a physiological problem.

As is the case for a leg or any other part of the body, the eyes can be re-educated to see correctly thanks to specific exercises.

Some exercises will be there to help you regain good vision habits.

Others will be more specialized depending on the defect that overwhelms you.

Precautions

I know the temptation will be strong,

but be careful **NOT TO FORCE** on your eyes.

And this is a general rule to apply !

Have a relaxed forehead and eyelids, accept the images you receive as they come to you, blurred or not.

Forcing your eyes to "accommodate" would only tire them out.

Work, but work in relaxation !

Step 2 : Wear corrective lenses 7/10th of your eyesight

If it is "easy" to do without glasses at home or in places that do not require clear vision,

Some of our daily activities still require the wearing of corrective lenses.

Driving

The first reason for this obligation is simply **our security**.

Whether in a personal or professional context, driving a car or any other motorized device may require wearing our prescription glasses to avoid putting your life or the lives of others in danger.

For this activity, we need to be attentive to what surrounds us to be able to react quickly.

For this reason, I do not recommend that you do without your glasses while driving.

At work

As with driving, our work requires our attention, not for our safety this time but for our efficiency.

Having to work on a computer for the design of electrical diagrams and other layout plans, it is difficult for me to do without my glasses to assimilate all the details that I need to carry out my work correctly and efficiently.

Anyway, I could !

But I would have to bring my screens together somehow.



Not really comfortable !

The win-win compromise :

A weaker correction

The prescription of corrective lenses for myopia is generally 12/10th,

Get a prescription for 7/10th of your eyesight

- By an ophthalmologist who understands your rehabilitation process.
- By an optician (also understanding) who will give you a vision test and can rely on a valid prescription (- 3 years) to make these glasses

Explain that you are in the process of eye rehabilitation and for this reason, you need 3/10th to allow your eyes to improve more freely and without forcing too much.

Or, without wanting to upset your ophthalmologist or optician, you can simply tell him that you wish to have less strong glasses for the practice of your jogging or hiking for example.

Or just that you need a lesser correction because it gives you headaches (it was my case when I first asked)

Why wear a weaker correction

Wearing these glasses at 7/10 :

- Will give your eyes "time" to recover their natural acuity while allowing you to do your usual activities, whether personal or professional, without much discomfort.
- You will see that the view "moves" depending on the time of day and your state of fatigue.

Test to be carried out :

Watch a film in V.O. with subtitles in the morning and at the end of the day, you will notice that the reading of the subtitles is more blurred in the evening

What impact on your daily life ?

I'm not going to lie to you, the first days with this type of correction will be destabilizing,

Because for wearers of "veteran" glasses, we are used to "seeing very well" when leaving the optician's home with our new frames.

I remember my first time, the ground seemed closer to me, it was destabilizing in another aspect, and it took me a while to get used to this new vision.

The same goes for wearing a weaker correction, time will help you get used to it.

However, the inconvenience caused will be less for your daily activities, and you will quickly notice.

You will be quite capable of working, on computer or otherwise, with a correction to 7/10.

You will be able to drive safely.

Because even when exploring unknown roads or cities, reading traffic signs is quite possible.

For directional signs, however, you will be able to read them later. But the use of a GPS system will make this annoyance less.

You will be able to watch your films and series normally, including in captioned V.O.

Sometimes reading the subtitles will seem more difficult.

This difficulty will generally be linked to your state of tiredness (see VOSTFR morning / evening viewing test) and will be the subject of the next step to follow.

Step 3 : Be aware and deal with your tiredness

Your eyes are subject to your physiological and psychological state, as well as your level of fitness or tiredness, just like the rest of your body.

And just like the rest of your body, they are able to regenerate if you take care of yourself (healthy food, healthy environment, rest)

It's easy to prove that, just focus on your feelings when you're tired.

When you feel tired :

- Do you have a clear vision of what surrounds you ?
- Are your visual adjustments (near object <> distant object) as effective ?
- Are you also comfortable reading ?

Obviously not, just as it is obvious that you are less capable of physical activity.

You can compensate for this tiredness, by squinting your eyelids to see better, for example, but it would be straining your eyes and risking the consequences, such as headaches.

Anecdote :

Over time and with experience, I can tell if my headaches are caused by eyestrain: the pain comes from my temples, as if they were abnormally hot.

(here I give you my interpretation of pain)

Knowing this and in order to put all the chances on our side to work to improve our eyesight, we must listen to ourselves, become aware of ourselves and of our sensations.

And according to our feelings, accept the fatigue that we can feel and remedy it, to simply feel better.

Manage your sleep time :

Not everyone needs the same amount of sleep
And everyone manages their sleep deficit more or less well.

This is why, according to your feelings, you must pay particular attention to your time and your quality of sleep.

Because this is your main source of regeneration.

During this time of rest your body works to take care of it, whether physiologically but also psychologically.

(Assimilation of thoughts and events in dreams)

We live in a time where our time and our senses are very busy, and we can tend to waste time where we can to succeed in putting everything in the day.

(Work, leisure, social relations, family responsibilities ...)

And sometimes we think the most accessible time is in our sleep time.

This is a bad calculation!

Certainly, this tip may have allowed you to finish "on time" (was it really urgent ??) what you had to do,

But this lack of sleep will give you a handicap for the following day (s):
You will have less energy, you will be less concentrated and therefore less efficient.

And your eyes also experience this tiredness !

For my part, I have the impression that the colors are duller when I am tired, that everything is gray around me.

And I don't even tell you about my vision (well if I tell you about it)

- Difficulty reading signs and other subtitles,
- Difficulties in adaptation and development,
- Tingling,
- Red eyes

Not great as sensations ...

In these cases, there are not 36 solutions: you need to rest ! To sleep !

Whether in night sleep or in nap, we must recharge our batteries !

So make sure that your sleep time is in good shape, your eyes will be grateful to you, and the rest of your body as well !

Soothe your eyes during the day :

Some of our daytime activities can cause eyestrain :

- Work on screens,
- Work under too low light,
- Intense work in concentration
- The combo of 3 !

There are, however, simple exercises or habits to do to remedy this :

Palming

This exercise gives you immediate relief and you can do it anytime of the day, wherever you want and as often as you like.

Method :

- Rub your hands together until they heat up
- Put your hands, slightly rounded, on your closed eyelids so they don't touch your eyes
- Stay 1 min or more paying attention to your sensations
- You feel the warmth of your hands on your eyelids, which gives you immediate relief
- You will gradually find the darkness in your eyes (nearsighted people may see "spots of color" during this exercise)

You can imagine past scenes, or even fictional scenes during the exercise, do not hesitate to do it ! It does not spoil the exercise ! You can even add color and focus on it.

- The minute or minutes passed, and the darkness found, you can discover and open your eyes to put your gaze on what surrounds you again.

You can do this exercise several times a day, these small moments of rest will do you the greatest good

Other methods are to be discovered on my site :

<https://lesbonsreflexespourdebonsyeux.com/>

Step 4 : Let your energy flow

In the phases of intense concentration, our unconscious encourages us to make the least possible movement so as not to disturb this concentration.

Like an animal ready to pounce on its prey, we must not make any movement, at the risk of being noticed and that the object of our attention escapes.

Is it a heritage from our hunting ancestors ?

I cannot say, but it is a fact.

When we are focused, we may tend to block our breathing and no longer blink.

But we may have gotten into this habit more generally !

Breathe !

Be aware of your breathing, is it still fluid ?

When I first became interested in eye rehabilitation, I was very surprised to find that I often blocked my breathing during the day without reason..

While I was driving, while I am not driving on a race circuit !

I blocked my breathing even on straight lines !

By focusing my attention on this fact, I quickly realized that I was doing this when I was driving in "automatic" mode, I left in my thoughts on the road to my home or other.

I tended to block my breathing when I was working on the computer as well. I find myself doing it even today,

All these moments of blocked breathing can only be harmful for your well-being, you block your diaphragm and prevent normal oxygenation of your organs.

And oxygen is fuel for our body !

I therefore invite you to become aware of the quality of your breathing during the day, in order to avoid blocking it at any time.

Trick :

When you realize that you are preventing yourself from breathing unconsciously, Take 2 to 3 deep breaths to circulate the energy again in your body.

Step 5 : Be aware of what you are watching

Or just be in the moment.

Do not dissociate our eyes and our mind

Even if your subconscious continues to record what your eyes are looking at while you are thinking about something else, it is undesirable to maintain what I call "automatic" mode.

You create with this habit a dissociation between the information that your eyes receive, and the interpretation that your brain makes of it.

Let me explain: memory plays a primordial role in the sight and interpretation of the images that come to us.

We are talking about experience here !

For example, an informed astronomer will be able to distinguish the constellations and find them with ease.

While a beginner or amateur astronomer will not know where to look because he will not have the experience of looking for them one or more times before.

He will not be able to recognize them in the middle of all these stars for the same reasons.

Just actively seeking information helps to anchor the information in your memory.

In this research action, our consciousness is fully in the moment, all our senses are awakened.

We all know that to learn something while thinking of another gives a very bad result, it is even a waste of time!

The link with what we see

A good visual memory of things is essential and restful for our eyes and our mind.

- Having in mind the image of what we are looking for facilitates action, your eyes only have to "recognize" the object in the middle of others.
- For a child, getting to know the letters while learning to read is tiring, he must study the letter in order to save it, and associate it with a sound.

Even today, even if you know how to read perfectly, you may still find it difficult to read a family name that you do not yet know, in your reading of articles or books for example.

You have to decompose it to read it and pronounce it correctly.

Example: Thadeus Shadnovskilantrop

After a few readings, this name will be more familiar to you and you will read it with ease.

Because it's a fact :

We see more clearly the things that we already know.

It can be tiring to live in an unfamiliar place, and if the place is full of people, it does not make it easy !

So much to discover and so much information to record.

For all these reasons, **it is important to be in the present moment when we do something.**

Analyze what you are looking at, do not stop at the overall picture but look for the details.

The more details you have in mind, the better the memory of this image will be.
Easier and sharper will be the vision of this image the following times.

And if however you have to think, think or imagine something, do not hesitate to do it with your eyes closed.

This will avoid the dissociation of the eye and the brain,

And gaze frozen in the void or worse,

In the direction of your loved ones who will wonder why you look at them so.

Step 6 : Blink and hydrate your eyes

As I told you in the previous chapter, thinking about something while we are looking at another one can lead us to have a fixed gaze, at the level of the movements of the eyes, but also at the level of the blinking of the eyelids.

This lack of mobility is disastrous for our eyes, especially from the point of view of hydration.

This habit eventually causes the cornea to dry out, which in turn causes an unpleasant tingling of the eyes.

Be aware of your blinking in all of your activities so that you can revive them when you realize they are still.

Our eyelash flaps in front of the screens :

Most people today often have a screen in front of their eyes for work or play.

Eyelids flap on average 20 times per minute,

When working or viewing on screen, the blinking frequency is divided by 5.

The number of beats goes from 20 to 4 per minute.

Multiplied by the number of minutes we spend in front of the screens, I let you count the deficit of beats !

To anchor a (good) habit, it must be practiced for at least 21 days.

Watch yourself during your time on screen, put a good blink in your life during this activity.

Step 7 : Cultivating the mobility of the gaze

Lack of activity leads to atrophy of function.

And this is true for many things! Physical activity, intellectual activity, social activities ...

Our eyes are connected to the brain and its memory, they also have muscles capable of :

- Move the eye in all directions,
- Enlarge or reduce the pupil depending on the surrounding brightness,
- Stretch or shrink the eye to adjust to more or less distant objects

Just like the sports training of people wanting to develop their muscles, there are specific exercises for each muscle group.

Work your directive muscles :

You can work these muscles continuously during the day :

By detailing what you are watching

Whether it's a face or any other object, lots of details make what you look at unique and has its own peculiarities.

Look for these particularities, detail them.

For a face, you can switch from one eye to the other.

- What is their color ?
- Are the pupils dilated ?
- Do the irises have distinct characteristics ?

Does the person in front of you have moles ? Freckles ?

Does she have small or big ears ?

What color is her hair ?

Find, appreciate and record all of these details. The person you are scrutinizing in this way will not feel embarrassed if you pass from one point to another on their face, on the contrary.

She may feel uncomfortable if you are staring.

Your mobile gaze will show that you are interested in it.

And you will allow your eyes to be fully active!

The alphabet :

You can also “muscle” your eyes with specific exercises.

For example by looking at the 4 corners of the room where you are, without moving your head.

Or by drawing the alphabet in **BIG LETTER** with your eyes to start.

Again, listen to yourself, if you feel your eyes getting tired, stop exercising and give them some rest with a "Palming" session

Work, but work in relaxation

There is no point in rushing you

Work on the flexibility of the pupil :

Go from shadow to light and from light to dark.

Lots of people wear sunglasses today, because it's cool and fashionable.



Anyway, that's what the commercials and the film heroes tell us.

Some even wear their sunglasses indoors !

(And I have rarely come across stars or famous people in one field or another)

But in the long run, wearing these types of glasses will weaken your eye due to the lack of muscle activity it causes.

We are equipped to adapt to the different surrounding lights, do not look, it is a basic option! And it's free !

So you can take full advantage of this option!

Maintain it by letting your eyes work as they know how to do it. Leave your sunglasses in their box.

Eyeglass wearers say they can't stand too much light, maybe it's because their pupils are more flexible and reactive enough to adapt easily and quickly ?

Work your focus muscles :

More difficult to work you say? Not necessarily !

Steps 1 and 2 already help you by allowing your eyes to freely accommodate.

The solution usually found to our vision defect is as follows :

- Go to an ophthalmologist to obtain a prescription taking stock of your visual skills
- Go with this prescription to an optician to choose the frame that best fits your face and your character.

Choose glasses and options :

- o UV filter,
- o Anti-reflection filter,
- o Blue light filter,
- o Thinned glasses so that they do not see too much and that they do not distort your face too much
- o Auto-adaptive light filter

And I surely forget about it! it feels like at the dealership.

- Order your glasses with options
(you don't usually go with the base model)
- Go back to the optician to take your glasses, with the adjustments that go well.
- And see clearly again !

Finally if there has been no diagnostic error on the part of the ophthalmologist or if the optician has not been mistaken in the measurement of the centering.

In which case, you will be obliged to resume a part of the route.

After that statement, to say that it's easier to put on glasses to see better ... I'm not sure.

Nor can it be said that this is an easy solution.

*"Perfection is not when there is nothing more to add,
But when there is nothing left to take away "*

To say that the man is naturally lazy is also an exaggeration, because he will have had to take multiple steps to get his glasses !

We can say that it is "a quick solution" (so quick as that?) to overcome his vision defect.

And since the eye is not a frozen organ, you will need to have it checked regularly.

Your eyesight will move depending on your state of health and your level of physical and emotional fatigue, don't doubt it for a second!

But if she is able to move in the wrong direction, that is to say in decay, she is also able to recover on her own !

"The doctor treats, nature heals"

You can help your eyes heal and regenerate on their own by providing them with the best operating conditions.

Simply by allowing them to "move" freely, at their own pace.

Because what the doctor does not tell you when you prescribe your glasses is that they are there to help you see better by replacing your integrated but defective function, namely accommodation.

Your eye is no longer able (temporarily) to adapt so that the transmitted image arrives at the right place in your eye.

The glasses you put in front of your eyes put the right distance between this image and the back of your eye. But by doing this, they prevent your eye from adjusting by itself, kind of freezing it.

And by dint of not moving ... the function atrophies more and more, your eyes have more difficulty adjusting, they tire and your eyesight decreases.

Accommodation exercise :

You can also exercise your eyes to regain their original function of accommodation.

Simply by passing from a nearby object,

to a more distant object

and to an even more distant one.

Pencil exercise :

Put a pencil in front of your eyes for example,

Look at it (don't forget to detail it !),

Then look behind that pencil, far away

Do it back and forth several times, but **don't force your eyes**

Palming after exercise to rest your eyes, they deserve it.

Ball exercise :

Simply bounce a ball off the ground,

Or on a wall.

Or throw that ball in the air !

This exercise will not only relax you, but it will make your eyes work on progressive accommodation, movements and incidentally make your reflexes work !

Do not hesitate to pass the ball from your right hand to your left hand, without moving your head. This exercise allows you to cross the midline and to go from your right hemisphere to your left hemisphere, and vice versa (brain-gym?!)

Step 8 : Take a conqueror's posture

Ok I'm going a little hard !

But the purpose of this catchy title is to make you aware of your posture.

Most shortsighted people may not be comfortable with their surroundings, let alone the gaze of others.

Without a clear vision of what is around them, people with vision loss may feel embarrassed that they cannot "catch" the details.

As a result, they tend to lack confidence and to walk looking at the ground.

Which does not encourage their distant vision of course, and even less makes it work.

Rest assured, you can bulge the chest and look far ahead !

No one will judge you badly, on the contrary!

This will not only give you confidence, but you will be able to enjoy everything around you !

Treat yourself !

Look everywhere around you,

Detail the buildings, the trees,

Raise your head to discover the architectural curiosities that you may never have seen before !

Step 9 : To be in the light

I assure you, I'm not writing "The Gospel According to Jacky"

Light intolerance

As I said before, many people have developed some intolerance to outside light. The cause of this intolerance can come from the fact that we spend the majority of our time indoors.

Or because we wear our sunglasses too often, certainly protecting our eyes from harmful UV rays.

In too high doses perhaps, but in this case as for many other things :

" The best is the enemy of good "

By dint of protecting ourselves from everything, we prevent the normal functioning of our capacities.

If you ask an athlete to move in a wheelchair to preserve their muscles, I think the result will be contrary to what they are looking for.

His muscles will rest to the point of losing their strength due to immobilization.

Lack of natural light can also promote myopia according to several studies.

Article extract :

« A neurotransmitter produced in the retina under the effect of light, dopamine, would indeed prevent excessive growth of the eye during childhood.

If spending hours reading, playing or working on a screen promotes myopia, it would be because the child indirectly spends much less time outside.

2008 Study Finds Children Eating Close Vision Activities Three Times More Likely To Be Nearsighted outdoor activities, (...). These data are corroborated by those of a study carried out in Singapore. »

(Wikipédia extract)

So I encourage you to let your eyes adjust to the light and leave your sunglasses in their case.

Sunning

This exercise is there to help you reconcile with light, especially with the best: sunlight.

Method :

- Close your eyes and turn your face facing the sun
- Stay around 1 minute
- During this minute, feel the heat of the sun warming your eyelids
It's soothing warmth.

After the minute or a little more, do a palming session

You can apply this exercise as often as you want, it will be perfect during your screen breaks.

Screen work :

When working on a screen, ideally take a break every hour. Go outside 5 mins to look into the distance and take in the light baths.

You can use a timer to make you think of stopping !

You will reconcile little by little in the sunlight and will no longer be bothered by it when you leave your home.

Bonuses & Tips

All these exercises are intended to re-educate the eyes to regain movement and elasticity, to allow again a natural "development" of the eye.

This means that you will recover visual acuity! Therefore your glasses will become too "strong" quickly and may cause :

- "Tingling" of the eyes, with a "red eye" effect
- Headache if the eyes are not relaxed



Solutions :

Stop wearing corrective lenses as often as possible

As we saw in step 1, this step requires accepting not to see clearly things or external looks,

Choose the beautiful season !



Sunlight will make you seem less blurred

Do what you can when you can !

This step requires a certain amount of acceptance and letting go.

The more you practice, the easier it will be

Wear pinhole glasses



Rather than your corrective lenses, these glasses allow you to rest your eyes and see clearly the subtitles of films or series in V.O. with subtitles

Grid glasses



The effect of grid glasses, viewed by a camera :



A focus table, as seen under normal vision



A « blurry » picture board, as we would see with myopia



A view table behind the grid glasses, as we would see with myopia

Grid glasses, when placed on the blurry camera, make the table more readable.

However, they obscure the image and the grid blocks some of the finest details, requiring slight camera movements for the entire table to be read comfortably.

Grid glasses, also known as pinhole glasses, are prescription glasses with series of small diameter holes forming an opaque plate in place of each lens.

Similar to the action of a pinhole camera, each orifice allows only a small amount of light to reach the eyes, thereby reducing the circle of confusion on the retina and increasing the depth of field.

Intended for people with visual defects, grid glasses often have a sharper view.

Unlike conventional glasses, grid glasses do not have a distortion effect when approaching frames.

This type of glasses reduces the brightness as well as peripheral vision, and should not be used for driving and for machinery operations.

Variant :



Fancy glasses

The fancy glasses use the same principle as the pinhole glasses, namely the micro-grid.

They can appear more comfortable than pinhole glasses because the micro-perforation is made on a film and not on the glasses, therefore less thickness likely to create a reflection of light on the thickness of the glasses.

However, make sure that the film is not placed on tinted glasses, and that the perforation is not too great in terms of number and size of holes.

I therefore advise you to test this type of glasses before buying them

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