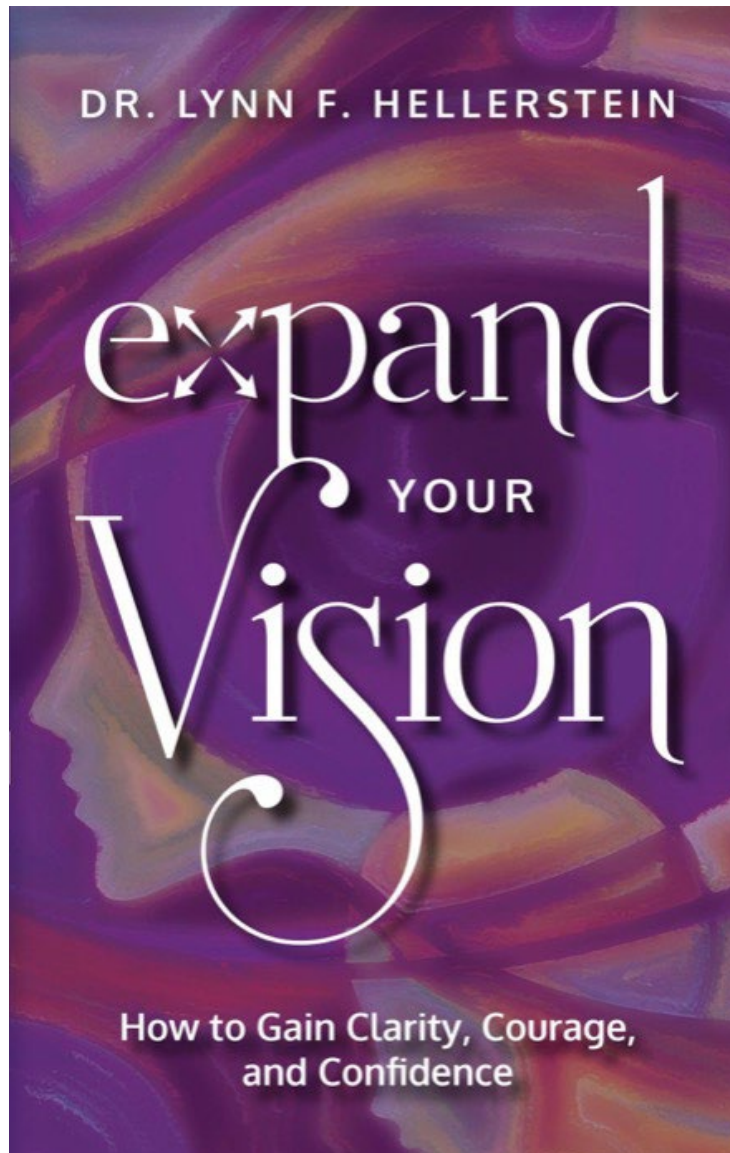


Expand Your Vision: How to Gain Clarity, Courage, and Confidence

Author: Lynn Hellerstein, OD, FCOVD, FAAO
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Reviewed by: **Carol E. Marusich, OD, MS, FCOVD**



Congratulations to Dr. Lynn Hellerstein, OD, FCOVD, FAAO on the publication of her latest book, *Expand Your Vision: How to Gain Clarity, Courage, and Confidence*. *Expand Your Vision* is a brilliant addition to her previous publications of *See It. Say It. Do It!* (how to recognize your goal, declare your goal and act on achieving your goal), *See It. Say It. Do It! Organize It!* (how to create a step by step process to make achieving your goal a reality) and *50 Tips To Improve Your Sports Performance* (50 ways for you to achieve excellent results in any sports activity). In her innovative new book, Dr. Hellerstein brings the power of visualizing and believing into the process to break through internal barriers and create new possibilities for achieving your goal.

Each chapter's voice is that of an individual patient, ranging in age from seven to seventy-four, who touches the reader in their own way. What a wonderful approach to introducing the potential of expanding your vision. The very personal stories of perseverance and success, as well as the unique journey shared by each chapter's subject, create the expectation that the reader too can build clarity, courage and confidence in themselves. Reading through these journeys, it is almost impossible to avoid wondering what we are truly capable of achieving if we explore our own dreams, aspirations and perceived limitations and visualize achieving our goals.

Dr. Hellerstein begins with her own personal experience of how spiraling burnout and crash led to a healing journey of unanticipated personal and professional growth. The untapped potential of visualization in expanding one's life - "even in the midst of trauma, pain, and instability" - was an empowering discovery which she has been employing ever since.

Each subsequent chapter introduces us to how the process of expanding your vision has changed lives by addressing specific challenges and possibilities. We learn: the legally blind artist's secret to success; how to reach peak performance; how to develop the freedom to succeed when previously paralyzed

by perfectionism; how to recognize our own transformation from frustrated to accomplished; how to make our joint vision a reality – even as a large group; how to create that personal place where we can overcome our fears and proceed calmly; and how the strength of our passion and motivation can impact our vision of what we can achieve. As Dr. Hellerstein writes, “They learned to open up their imaginations and to take them beyond any pre-existing beliefs that they had or had been imposed on them.”

Through *Expand Your Vision*, Dr. Hellerstein reaches out to her readers and beyond them. *Expand Your Vision* is more than a diary of inspiration with instructions and a process for personal growth. While that alone is certainly satisfying for the reader, as practitioners of Vision Therapy, we can also find other benefits of this publication to celebrate.

The motivation piece: Hearing each individual’s story of how visualization, used in the way Dr. Hellerstein describes, was key to achieving the Clarity, Courage, and Confidence they needed to enhance their performance and attain their goal, is convincing evidence that it can be done. We too can inspire motivation in our patients by sharing what others have achieved and offering this tool in Vision Therapy. Sharing *Expand Your Vision* with new Vision Therapy patients can enhance that motivation.

The education piece: Recognizing what is possible through visualization and vision therapy is an invitation to the reader to use these tools and to share this new knowledge with friends, family, coworkers and acquaintances. By encouraging them to also consider the benefits of *Expand Your Vision*, Dr. Hellerstein’s “voices” share what is possible not only for themselves, but for the reader and for the reader’s outer circle. Positive public relations for Vision Therapy is an obvious plus.

Expand Your Vision: How to Gain Clarity, Courage, and Confidence is a delightful read, visionary and to the point! As Dr. Hellerstein says, “Get ready to meet yourself” and enjoy the journey!



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Carol is a retired Optometric Physician with 40 years of private VT practice experience in Eugene, Oregon. She has lectured internationally on infant vision, the connection between vision and learning, and vision rehabilitation following stroke and brain injury and has served on the Health, Disabilities & Social Services Advisory board for Oregon Head Start. Dr. Marusich has been recognized as a Distinguished Practitioner by the National Academies of Practice and served as adjunct faculty for Pacific University College of Optometry. She has chaired the COVD International Examination and Certification Board, served on the Optometry Cares – AOA Foundation board and been honored with the G.N. Getman Award.
