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**Podcast Name**: Vision Beyond Sight

*“Discover the Power of the Seeing Brain…the Creator of Your True Vision.”*

Contrary to what most believe, you don’t “see” with your eyes. “*It’s your brain that does the interpretation and processing”.*Main topics/focus of interview: **Vision/Power of Visualization**

Talking points:

1. Vision- impact on learning, sports, and performance
   1. Do you know any kids who struggle in school, with reading or writing?
   2. Or how about kids who are clumsy and don’t perform well in sports?
   3. How about those kids who struggle with attention?
   4. Learn about the successful vision related treatments to improve performance, school work and confidence.
2. Power of visualization
   1. Removing blocks that most adults and children encounter and expanding your creativity.
   2. Eliminating spiraling burnouts that zaps progress and experiencing a way to visualize that becomes your new window to recovery.
   3. Disconnecting the anxiety that shadows most athletes, musicians, entertainers, students, test takers―even you―from achieving peak performance.
   4. Experience visualization for relaxation, creation and fun!
3. Vision rehabilitative therapy success for people with brain injury, concussion, special needs, etc.
   1. Through cutting-edge brain-based visual strategies that have been developed and utilized in Dr. Lynn’s vision therapy practice for more than 40 years, people improve their school, work, play and sports performance.
   2. Gain Clarity, Courage, and Confidence as you learn how to see your world and life through a “new lens”…more than 20/20!

**Most limit their vision. Your vision does not limit you.** Does your inner vision match your outer vision?

Do you know what your purpose is, and have you invited it to be part your success game plan? *It’s time to discover the power of your seeing brain.*

**Questions to Dr. Lynn for interview hosts:**

1. Don’t be fooled! How can a person have 20/20 eyesight and still have vision problems? Isn’t that perfect vision?
2. How did you get started in this field?
3. What changed in your life that you became so interested in visualization?
4. Please share some examples of how your work in visualization has impacted others.
   1. Betty – Poor vision, yet an artist seeing beyond what’s clear
   2. Joey- a frustrated 7 year old with crossed eyes
   3. Reynold- Can a 72 year old Ironman be impacted by his vision?
   4. Trevor- Brain injury: Impact on Vision and success in life.
   5. Becky-Preparing for the big test…test anxiety
   6. Mary- Take me to a special place for performance anxiety
   7. Stories:
      1. Speaking in front of 900 people-CGT canvas
      2. Edina-power of visualization for dentist, performance
      3. Great athletes- Val skinner, Snowboarder
   8. Great writers- see pix of story, not entire story, need to be flexible, open to what appears, awareness
5. Is there an age limitation for your visualization strategies?- Sierra, Toddler
6. 3 Tips for people to gain clarity, courage, and confidence:
   1. Utilize the See It. Say it! Do It! process to Expand your vision!
   2. Be open to the miracles beyond the predictable
   3. Have fun!!

**Bio:**

**Dr. Lynn F. Hellerstein**, a developmental optometrist and pioneer in vision therapy, has authored 4 books including the Award-Winning book, *See It. Say It. Do It!* and #1 Amazon Best-Selling book, *Expand Your Vision*.

For more than 40 years, Dr. Lynn has utilized vision therapy with children and adults with learning related vision problems, vision perception deficits or brain injuries, as well as enhancing visual performance for athletes. She has inspired thousands of people to improve their vision and enhance their lives.

An international speaker, Dr. Lynn has circled the globe as she has delivered her electrifying presentations and workshops for parents, educators, therapists, athletes, optometrists, and other physicians. She has published extensively on vision related topics and is a faculty member at several optometry schools. She serves as a consultant to schools and rehabilitation facilities.

A Fellow of the College of Optometrists in Vision Development (COVD) and American Academy of Optometry, Dr. Hellerstein is Past-President of COVD.

Dr. Lynn is the founder and co-owner of Hellerstein and Brenner Vision Center, P.C., a full-scope optometry practice in the Denver, Colorado area.

In 2008, Dr. Lynn became a RIM® facilitator which allows her to “use the power of RIM® to unleash your intuitive resources to crack the deeply rooted and traumatic events/limited beliefs/self-sabotaging feelings impacting your current happiness and success.” (RIMInstitute.com).

In 2019, she expanded her personal “purpose” and became Chair of the Board for the Sock It to ‘Em Campaign. The purpose of this non-profit organization is to provide socks for those experiencing homelessness. Socks are the #1 clothing need and we are close to distributing our 1,000,000th pair of socks.

Based in Colorado, you may find Dr. Lynn hiking on the mountain trails, collaborating with fellow musicians on the flute, and rejoicing with her family.

For more information about [Dr. Lynn Hellerstein](https://www.lynnhellerstein.com/about-drh/), visit [LynnHellerstein.com](https://www.lynnhellerstein.com/)

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youtube-LynnHellerstein

**Podcasts available on:**

<https://www.stitcher.com/podcast/toginet-radio/vision-beyond-sight>

<https://podcasts.google.com/feed/aHR0cHM6Ly90b2dpbmV0LmNvbS9yc3MvaXR1bmVzL3JpZGV0aGVlbGVwaGFudHRvZGF5>

<https://open.spotify.com/show/4kO7lK6N8E9X9PzpEQ29JD>

<https://iheart.com/podcast/97467836/>

<https://podcasts.apple.com/us/podcast/vision-beyond-sight/id1626160813>

<https://music.amazon.com/podcasts/acb954be-9e8b-4f19-aa76-d1e3ba8b0f06>

**Information regarding Dr. Lynn’s books:**

[*See It. Say It. Do It!*](https://www.lynnhellerstein.com/shop/see-it-say-it-do-it-autographed-book/) *The Parent’s & Teacher’s Action Guide to Creating Successful Students & Confident kids*

Can your child see…really see more than 20/20?  Does your child struggle in school…have trouble with tracking when reading or resist writing?

Dr. Lynn Hellerstein’s Award-winning book, *See It. Say It. Do It!* provides parents & teachers with specific tools and strategies in visualization and processing.  Improve and empower your child’s learning and performance in school, sports and play.

Get *See It. Say It. Do It!* on Amazon or on the website LynnHellerstein.com

[*Organize It!*](httpvs://www.lynnhellerstein.com/shop/organize-it-workbook/)Can your child organize…really organize?  Parents and teachers will have practical, step-by-step strategies and templates to help get their children organized with Dr. Lynn Hellerstein’s, *Organize It* workbook.  Increased organizational skills creates success and confidence in school, sports, and life!

Get *Organize It!* on Amazon or on the website LynnHellerstein.com

[*50 Tips to Improve Your Sports Performance*](https://www.lynnhellerstein.com/shop/50-tips-to-improve-your-sports-performance/)

Dr. Lynn Hellerstein’s book, *50 Tips to Improve Your Sports Performance,* has identified the top 50 ways for YOU to achieve excellent results in any sports activity.  Enhance eye-mind-body coordination skills; achieve the mental edge; prevent injuries.  This book belongs in every athlete’s or coaches sports bag.

Get *50 Tips to Improve Your Sports Performance* on Amazon or on the website LynnHellerstein.com

[*Expand Your Vision*](https://www.lynnhellerstein.com/shop/expand-your-vision/)

Discover the power of the seeing brain…the creator of your true vision.  Dr. Lynn Hellerstein’s book, #1 Best-Seller book, *Expand Your Vision,* helps you see with clarity and gain courage and confidence.  Remove roadblocks and visualize your new lens to see and experience your world.

Get *Expand Your Vision* on Amazon or on the website LynnHellerstein.com