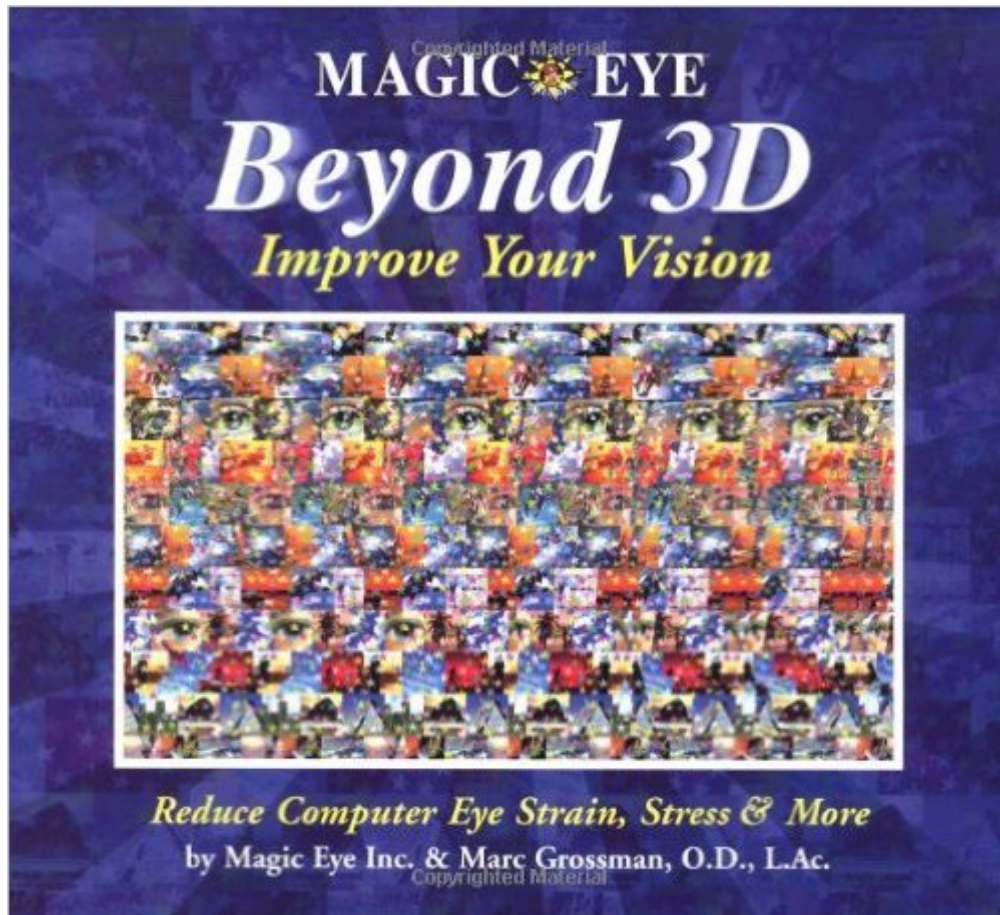


The book was found

# Magic Eye Beyond 3D: Improve Your Vision



## Synopsis

Train your eyes and your mind with this visionary, imaginative collection of Magic Eye illustrations that entertains you even as it can help improve your vision at the same time. "I have seen incredible changes in people's overall behavior by viewing Magic Eye images, including vision improvement. This book discusses some of the types of behavioral changes that my patients have reported as well as what possible physiological and psychological mechanisms may account for these changes."--Dr. Marc Grossman

When Magic Eye images hit the publishing world in the 1990s, the response was as magical as the 3D images popping from their colorful backgrounds. Viewers couldn't get these best-selling books fast enough. In fact, Magic Eye I, II, and III rode the New York Times best-seller list for 34 weeks and eventually sold more than 20 million copies. Now Beyond 3D: Improve Your Vision with Magic Eye takes this phenomenon to another level. Beyond 3D examines the medical benefits and scientific possibilities related to viewing these remarkable images. Clearly explained in lay terms and through the use of numerous Magic Eye illustrations, the book not only helps readers "see" the images, it identifies and demonstrates the many physical and performance-related enrichments that may result, including:

- \* reduced computer eyestrain\*
- diminished stress levels\*
- improved overall vision\*
- lengthened attention span

## Book Information

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Average Customer Review: 4.8 out of 5 stars Â Â See all reviews Â (76 customer reviews)

Best Sellers Rank: #34,299 in Books (See Top 100 in Books) #5 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Eye Problems #10 in Â Books > Humor & Entertainment > Puzzles & Games > Magic #110 in Â Books > Engineering & Transportation > Engineering > Electrical & Electronics

## Customer Reviews

I bought this book shortly after getting Magic Eye II, and I can see how much they've improved their

techniques in the intervening years. There are some gorgeous images in this book. I particularly like the butterfly floaters. They've also made it easier to see the images with the help of the two squares at the top of each page, that let you know when you've diverged your eyes just enough. The vision improvement info is another story. Why does Marc Grossman claim you can only do the "palming" exercise for 3 minutes? What terrible thing does he think would happen if you did it longer? (Such as a 1/2 hour, which is how long I routinely do it, without a problem.) Also many of the claims seem over the top. Magic Eye can bring you serenity? Make you more intuitive? Even give you feelings of love? C'mon. Nevertheless, for fans of stereograms, this is well worth adding to your collection.

If you are new to stereograms here are a few basic tips when choosing a book to buy: Buy a hardcover book. The paperbacks tend to bend and distort the images and it is much more pleasurable to view the depth of the images when the photo itself is rigid. Look for page size. This book has a good page size and you can move the photo in and out to arms length with certain images will have an apparent depth of up to 8 feet. One book, recommended by another reviewer on this page, I own in a paperback with small pages, yes the artwork is excellent but the depth of the photo appears to be 6-12 inches in most cases. This one is an excellent choice if you are only going to buy one.

I have had a previous version of this series which I really enjoyed. This one - not so much. I think the author spent way too much time touting the "health" aspects of reading this book - improved vision, relaxation, etc. I got this book because it was fun. Previous books had many more 3D pictures to view. This one spent too much time on verbiage and had less than 1/3 of the actual pictures of previous books. I would recommend earlier versions.

Looking at the images in this book just makes my brain happy. It puts me in an altered meditative state instantly. Sometimes I can feel my body just wants to look at the book again. I wish the other magic eye books were as good, because I do feel sometimes I'd like some new images, but the other ones are not as good and don't do as good a job of putting me in that state. The text is mediocre but it doesn't matter. The book is great...it's all about the experience for me. I think it does also improve vision. I've given it as a gift to many family members and recommend it regularly, especially to those who "can't meditate" or those who want to improve their eyesight.

I'm 35 and from the age of 10 have had to do eye exercises, I have great vision, but intensity at one

focal point [ie reading computer screens] can strain the convergence on long distance. This book really helps, if you gaze long enough a little bit each day, you really feel it set your eyes and inhibit any strain that day to day work can cause. I never knew how effective these images could be. The eye have it.

the best magic eye book ever !!!! it discusses how just by using magic eye pictures a person can tap into how their brain works. the 3D pictures are amazing and fun and the text helps us think about vision in a whole new way. way to go magic eye!!

The last book like this that I reviewed was Magic Eye II ;which I reviewed on May 25,2004. That book was published in 1994 ,several years after we first became familiar with these 3-D or Stereograms. This book was published in 2004 and we can see that there has been considerable advances in this artform. The one characteristic of these pictures has been that they are easy to identify because of the repeatability of about 6 panels or bands. This has always been a dead giveaway. The thing most noticeable is that the bands are much less obvious. The picture on page 11 is so good that one would hardly suspect as having floating beans within it. The picture on page 33 is very obviously a 3-D picture but at the same time is an excellent "floater". Of all the pictures, the one of the gravel on page 39 was the most interesting to me. It is so good, that one would likely not even suspect it to be a 3-D picture, unless it was in a book like this. I guess the ultimate would be when a picture is created that shows no signs of repeatability at all. At that point you would have the perfect "hidden picture". By far the biggest difference with this book is in the claims of how these images can be used to improve vision and all other sorts of things. The book is sprinkled with many testimonials from people who have experienced great things. I have considerable problem with accepting this stuff without the research and science to back it up. Otherwise; it has to remain in the area of "alternative medicine". It does not surprise me that there is a Disclaimer to the claims on page 2. Nonetheless this is a good book showing how much 3-D pictures have improved since the early 90's.

I first saw/read one of these in my dentist's office and, years later, remembered them and went on a hunt to buy all I could. Mission accomplished...for the most part. These books are really amazing and help you train your eyes. I'll look at them, put them away for awhile, then bring them out later and it's like the first time all over again. Very cool.

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