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Movement for Self-Healing: An Essential Resource for Anyone Seeking Wellness

Meir Schneider

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Movement for Self-Healing: An Essential Resource for Anyone Seeking Wellness Meir Schneider Born blind and declared incurably blind after a series of childhood operations left him with only a slight ability to discern light and shadow, Meir Schneider remained convinced that his handicap was not permanent. As a teenager, he began work with two teachers who gave him exercises and techniques to reverse his blindness. Within four years he had gained a remarkable degree of vision and begun to develop a system of therapeutic exercise combining movement, breathing, and mental imagery. He also began working with people whose physical problems ranging from chronic headaches to polio and muscular dystrophy, inspiring them with his example, enthusiasm, and faith. Miraculous recoveries ensued.

Sections in the book give specific guidelines for back problems, arthritis, multiple sclerosis, breathing, eye problems, and muscular dystrophy. Movement for Self-Healing parallels the stories of Schneider and the people he has worked with, detailing his holistic methods of stimulating the natural healing powers of the body, offering a practical guide to specific exercises, and articulating a profound message of inspiration and hope.

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