

Publications - Meir Schneider, PhD, LMT

Books:

- Soon to be published: ***Vision for Life: Ten Steps: Ten Steps for Better Vision***
- ***Movement for Self-Healing***, New World Library and Kramer, 2004
- ***The Handbook of Self-Healing*** co-authored with Maureen Larkin and Dror Schneider, Penguin Arkana, 1994. Foreign-language editions in French 1999, Hebrew, 1999, Portuguese 1998, Russian 1997, Hungarian 1997
- ***Self-Healing: My Life and Vision***, Penguin Arkana, 1989. French, Portuguese, Hungarian, and Hebrew

Articles

Dr. Schneider has written and been interviewed for many articles for magazines and papers, too numerous to list. Available upon request.

DVD/ Videotape/ CD products:

- ***The Natural Vision Improvement Kit***, Sounds True, February 2005, Double CD with manual / accessories
- ***Yoga For Your Eyes***, Sounds True, videotape August 1999; DVD September 2003, with manual / accessories
- ***Muscular Dystrophy Can Be Overcome***, videotape, self-published

Audiocassette products:

- ***The Eye Rescue Kit***, by Edward Kondrot, M.D. and Meir Schneider, November, 1998
- ***Meir Schneider's Miracle Eyesight Method***, Sounds True, Boulder, CO, 1997
- ***Relaxation for the Eyes, Meir's Vision Exercises, Encounter Yourself, Sensing Your Spine, Breath and Mobility of the Joints, Strengthen Your Central Nervous System***, self-published

Meir Schneider, PhD, LMT Teaching and Speaking

Sponsors of Meir Schneider's speaking engagements worldwide include universities, hospitals, rehabilitation centers and medical, nursing and massage schools; professional associations and offices of doctors, optometrists, vision educators, chiropractors, occupational and physical therapists, nurses and massage therapists; national and international health-related conferences; bookstores and libraries; civic groups, seniors groups, patient support groups, service groups for the disabled, and more. Space considerations prohibit listing them all. Lists presented upon request. Among them...

Teaching engagements in the U.S. include

- **University of California at San Francisco Medical Center**, annual faculty and student workshops: UCSF IMF *Natural Vision Improvement* (keynote address, UCSF Integrative Medicine Forum 2007); lecture: OSHER clinicians, *Self-Healing Rehabilitative Strategies*
- **Stanford University**, SLAC Lecture: *Natural Vision Improvement: Reducing Computer Vision Syndrome*
- **San Francisco Department of Human Services**, *Natural Vision Improvement, Wellness in the Workplace* workshops
- **California Institute for Integral Studies**, classes: *Natural Vision Improvement* and *Building a Healthy Back*
- **The Learning Annex of San Francisco**, classes: *Natural Vision Improvement*
- **The North American Conference(s) on Natural Vision Improvement**, 2003 sponsor and organizer
- **Esalen Institute**, Regular workshops: *Awaken Your Power to Create Health and Vitality*, Big Sur, CA
- **National, Regional and State Conferences of the American Massage Therapy Association**, regular presentations on, *Overcoming Spine and Paralysis Problems, Overcoming Repetitive Strain Injuries, Natural Vision Improvement, Self-Healing through Massage and Movement, Addressing the Needs of the Aging with Massage and Movement*
- Ongoing training classes in the *Meir Schneider Method of Self-Healing through Bodywork and Movement*; ongoing training classes for *Natural Vision Improvement Educators*, specialized workshops and retreats: *Yoga For the Eyes, Movement for Self-Healing, Overcoming Repetitive Strain Injuries, Overcome Spine Problems and Build a Healthy Back*; School for Self-Healing (SSH), San Francisco, CA
- Ongoing weekly Public Service free Thursday Night Lectures, community healthcare classes, SSH, SF, CA
- Ongoing Public Service free lectures: *Natural Vision Improvement, Movement for Self-Healing, Wellness in the Workplace* throughout the SF Bay Area- hospitals, bookstores, schools, libraries, patient support groups, spas

Teaching engagements internationally include

- **Australia, Austria, Canada, Colombia, Curacao, Germany, Hungary, Mexico and Portugal**: Lectures and workshops
- **Brazil**- Ongoing trainings in *Meir Schneider Method of Self-Healing through Bodywork and Movement*; Training classes for *Natural Vision Improvement Educators*; lectures and workshops for ophthalmologists and physiotherapists and other professionals, as well as for the public, since 1988
- **Israel**- Regular workshops on all topics and trainings for professionals/public since 1984
- **International Conferences of Holistic Vision**, *Keynote presentations*, various host countries
- **United Kingdom**- Regular workshops and trainings for professionals/public since 1988

Schneider has appeared in hundreds of radio, TV, newspapers and magazines around the world. Lists presented upon request.