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## **The Art of Seeing (The collected works of Aldous Huxley)**

*Aldous Huxley*

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I was curious about this after hearing about Huxley struggled with compromised vision. Tried some of the exercises, but didn't really see improvement. Maybe I was lazy or distracted or didn't believe sufficiently.

Both a document and a handbook *The Art of Seeing* records Aldous Huxley's victory over near-blindness and details the simple exercises anyone can follow to improve eyesight. Using the method devised by Dr. W. H. Bates, "the pioneer of visual education," as Huxley called him, and heeding the advice of Dr. Bates' disciple, Margaret D. Corbett, Aldous Huxley conquered a vision problem that had plagued him for more than a quarter century.