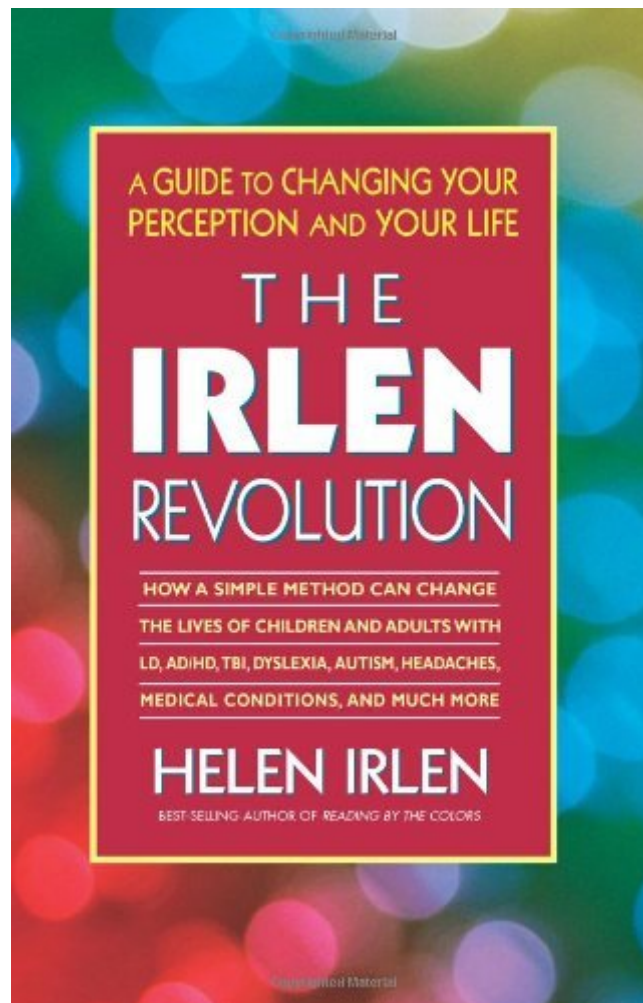




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# The Irlen Revolution: A Guide To Changing Your Perception And Your Life



## Synopsis

After decades of revolutionizing the treatment of dyslexia through the use of colored lenses, educational pioneer Helen Irlen has turned her attention to children and adults who suffer from other learning disabilities. The Irlen Revolution examines the author's unique program for helping people with ADHD/ADD, Asperger's syndrome, autism, depth perception problems, head injuries, strokes, and a host of other conditions that affect learning. The Irlen Revolution begins with an overview of learning disabilities and a look at standard treatments. It then examines the Irlen Method and explores the scientific basis of the program. Finally, the author discusses the individual disorders—what they are, and how the Irlen approach may be used to treat them successfully. An extensive resource section provides additional guidance for readers who want to learn more about the program. When 60 Minutes featured a dyslexic child being "cured" with the Irlen Method, the world was introduced to a safe and effective tool to combat dyslexia. Now the battle lines have been expanded, and many more people can benefit from The Irlen Revolution.

## Book Information

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## Customer Reviews

My son has had trouble learning to read since kindergarten, even though we knew he was very bright. We had his eyes checked, they were fine. We learned about visual processing issues, and spent several thousand dollars on vision therapy. This made a vast improvement and he was able to read, but in the 8th grade still struggled with spelling and anything involving writing. I finally asked for him to be screened for dyslexia, even though all previous evaluations were negative, because he kept jumbling letters when he wrote. First, thank God, the school screened him for Irlen Syndrome and sent him home with colored overlays to use when reading. All of a sudden he could read fluently, accurately, and as fast as I could. We had him fitted with Irlen lenses, and a whole new world has opened up for him. We never realized he had no depth perception and an extremely narrow field of vision. His writing is even better - with the lenses he can remember what he has written and doesn't have to constantly reread what he is writing. I am simply amazed that colored lenses make such a difference for him (the right color, at least). Reading this book has opened my eyes and broken my heart at the same time - I never realized how profound his visual processing problems were, and assumed that the vision therapy had fixed all that. This book raised questions it never occurred to us to ask - what do you see when you try to read, do the words stay still, do you get headaches or do your eyes water when you read? Anyone whose obviously intelligent child struggles with reading needs to read this book!! Especially when they seem to have ADD symptoms at school but not at home.

This was really eye opening (no pun intended). I have had many of these symptoms all my life and never dreamed that it could be caused by something like this. If I can get the funds together, I intend to go to a local practitioner/diagnostician and get the glasses/tint. Very informative although not too well written and a little repetitive. It's also aimed at problems with children and while it does mention adults, it doesn't really deal that much with adults.

i am so excited about the Irlen revolution. I learned so much. i don't know yet if Irlen Syndrome is what my daughter has, but she has all the signs. She has and still is having a hard time in school and at home. She is listed as ADHD. The teachers think the medicine need to be changed. I have been looking and looking for answers, because she is a very intelligent young girl. she can't seem to concentrate. she turns her letters backward. i have sent in a n e-mail for her a appointment to be checked. i am praying this is the answer for us. I don't want my child left behind. I even ask her what do she see when she is trying to read and to my suprise she said the letters were jumping around. I said this is what my baby has. Next year is going to be different. I am going to share this with as

many parents as i can. And the school. Thank you so much! Deborah

The Irlen Revolution is Helen Irlen's second book, following *Reading by the Colors* and its revision in 2005. In this second book, Helen Irlen takes the reader through the many discoveries and developments she has made as she continues to devote her life's work to helping children and adults with visual perceptual difficulties. The Irlen Revolution discusses Irlen Syndrome, a visual perceptual processing condition comprised of a myriad of symptoms to varying degrees. Given its invasiveness, Irlen symptomatology can be part of reading difficulties, ADD, ADHD, autism, light sensitivity, and certain medical and psychological conditions, such as migraines, light-sensitive epilepsy, traumatic brain injuries, anxiety disorders and depression. This inability of one's brain to accurately process visual information can cause or exacerbate many problems. The intervention -- Irlen filters -- are colored tints applied to lenses. These specifically determined colors, or layers of colors, alter the visual processing occurring in the brain by screening out certain wavelengths of light. Scans of the brain show that after Irlen filters have been worn, brain activity becomes more normalized, so that it is better able to process visual information. The Irlen Revolution discusses relevant research in a clear and practical writing style, as the intent of the book is to be a readily available resource. Twenty-five years ago Helen Irlen's research was jumpstarted with her initial discovery that not everyone sees letters and words in the same manner. Her uncanny knack for questioning the most basic assumptions about reading "When you read are the words clear, stable, and is it comfortable?" has taken this skilled researcher on a journey of revelation, with her most recent discoveries and developments shared in this latest text, *The Irlen Revolution*.

I've been an Irlen Screener for a little over 5 years. As a GED instructor, I test so many people who have lost faith in their ability to read as well as others. When I'm able to help them see the page normally, and start to fall in love with reading, it's one of the most wonderful feelings. I truly believe if we had required screenings, by people who are certified to do so, many of my students would have graduated instead of quitting and ending up in my classes. I really enjoyed reading into Helen Irlen's mind in this book, and learning how she discovered the colored overlays and lenses. Her passion for reaching out and helping the millions who have Irlen Syndrome just shines out of the book! As the mother of a rolling young man who was mis-diagnosed in 6th grade, and struggled until age 25, when we tested him and found out he had Irlen Syndrome, I will be eternally grateful for the research that helped him and many others. The difference in my son is almost miraculous, the difference in my students is just as amazing. Please read this and get help. It's worth it!

Great read

Excellent condition.

This is a wonderful book. I am an occupational therapist and use this information in both school and clinic settings. I have shared info with teachers as well. For the students that benefit from it, it makes a huge difference in their reading and comprehension scores.

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