

Uzbek body | mind | spirit

# The Experience of a Fool

Or how to get rid of your Glasses

**Self-help.** AST. Moscow 2000. 350 pages

**Publisher:** France - Macro, Germany - Random House, Italy - Macro, Poland - Astropsychologii, Spain - Bis, UK/US - amazon

Overall sold copies in the double-digit million range in Russian  
Over 160.000 copies sold in German

Get ready for a strong shock! Perhaps the content of this book will offend you and shake you strongly. It is very likely that the author will call you a fool. He will also abandon your attachment to diseases and prove that you are guilty of yourself. Remember, however, that all this is to bring you to the end, to achieve success - to throw off your glasses and cure your eyesight!

All this to heal your eyes. Thanks to this book, everyone can awaken their energy potential, introduce the body's defense system and regain emotional balance by overcoming eye diseases, also those considered incurable by conventional medicine. The author has found a reliable way to get rid of glaucoma, daltonism, astigmatism, cataract, dystrophy, short-sightedness and farsightedness.

This book has been written with the aim of helping you to restore your sight, to awaken the faculties hidden in your soul, and to be your personal self-realization. However, know that this book will upset you from the very first pages and will trigger a storm of negative emotions: dissatisfaction, anger, feeling of having suffered an affront and aggressiveness towards the author. There is no more time, you need to help quickly to get rid of the physical and mental glasses that keep you in the swamp of diseases and unfulfilled potential. It is a method of accelerated restoration of sight through voluntary emotional self-exercise.

In this book about how to train your eyes it is not only concerned with the dioptric scale, but about seeing clearly through all aspects of life. Mirzakarim Norbekov's unusual methods have spread like a wildfire through Russia. His courses result in a huge recovery rate, and a similar success could be waiting for you by the end of this book. But to achieve this you really need to be prepared to take on a mighty adversary – you yourself. The fight against the inner bastard. And maybe because this is so difficult the message is delivered with a punch in order to keep you going in the right direction. He provokes the reader until he laughs or curses. Regardless of the outcome you will be rewarded with an extraordinary reading experience as you get to know this Russian Health Philosophy.

This book is the basic part of Norbekov's course about how to manage our own body and to use the power of our own personality to improve Your health and even to get rid of YOUR glasses. A unique combination of entertainment and strong factual information.

For more information in English please see here: <http://norbekov.co.uk/index.html>



## THE AUTHOR

**translations**  
6 languages

**sample translation available**  
full english

**other works**  
Energetic Shower  
A Million Decisions  
Life without Pills  
Secret of Health

Norbekov is a Doctor of Psychology, Pedagogics and Medical Philosophy. He is a Professor and an active member of numerous Russian and international Scientific Academies, author of numerous patented inventions and scientific discoveries. He founded a health centre in Moscow, that has now grown into a network of centres in Russia, surrounding countries and in the West. His method of healing is concerned with the overall health of a person. He was the Russian vice champion in karate and a sufi master (Sufism is one of the oldest religious schools in existence). Norbekov lives in Moscow and Uzbekistan.

# Mirzakarim Norbekov