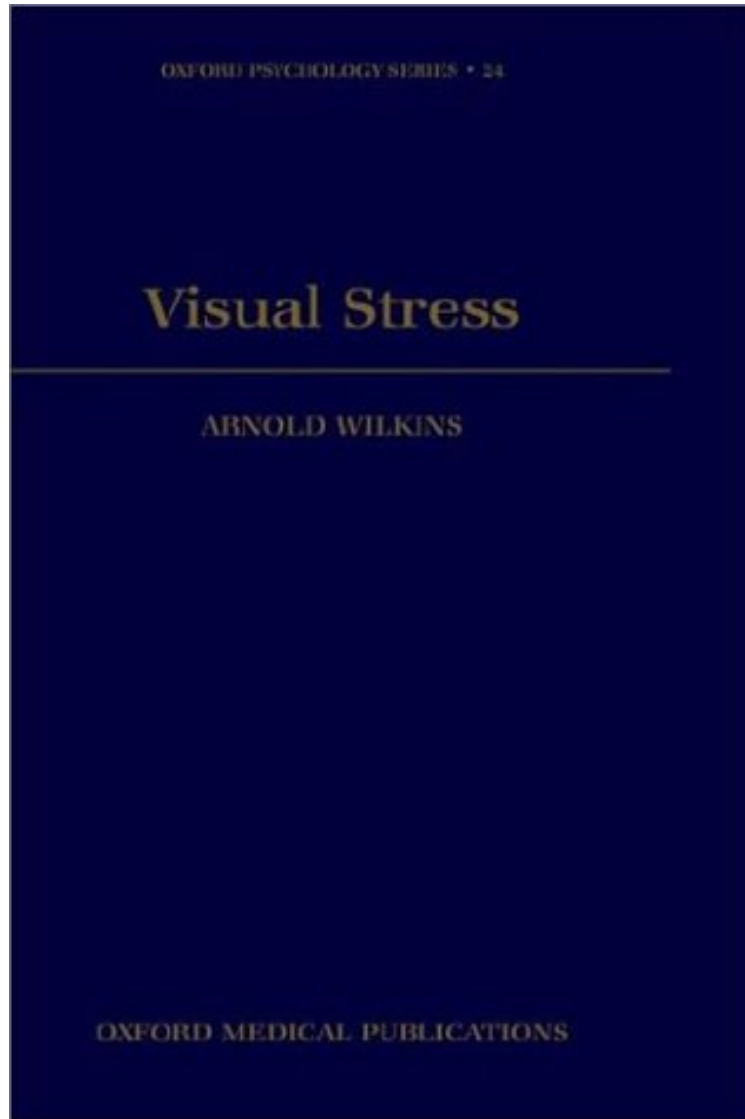


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## Visual Stress (Oxford Psychology Series)

*Arnold J. Wilkins*

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**Arnold J. Wilkins : Visual Stress (Oxford Psychology Series)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Visual Stress (Oxford Psychology Series):

0 of 0 people found the following review helpful. This should be required reading for Health and Education Professionals!By Rory F. Richardson PhDThis is a classic which everyone who is in psychology, medicine, education and especially neuropsychology should read. Visual Stress is a foundation work which identifies in detail the often missed condition which impacts many individuals who have difficulty with reading, have depth perception problems,

have sustained a mild traumatic head injury and others. It provides the foundation that professionals need to help others and continue study and research. Excellent work!!!

This book provides the first general and unified theory of visual discomfort. Based on the author's observation that people find certain visual stimuli uncomfortable--and that these same stimuli induce seizures in patients with photosensitive epilepsy--the book offers fascinating insights into a variety of visual stresses that arise from design, reading, lighting, television, and VDU terminals. A range of techniques for preventing and treating visual discomfort--from color therapy to precision tinting of spectacle lenses--are described in detail. Students and researchers in perceptual psychology, visual science, neurology, and optometry will want to read this pioneering new work.

"The importance of visual stimuli on psychological and neurophysiological functioning is a developing one and this book is a welcome addition to the existing literature."--Eye News  
About the Author  
A. Wilkins is at MRC Applied Psychology Unit, Cambridge.