



# The Irlen Revolution: A Guide to Changing your Perception and Your Life

*Helen Irlen*

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## **The Irlen Revolution: A Guide to Changing your Perception and Your Life** Helen Irlen

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*.

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