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Images and Exercises Guide

This is the short and the long of it.

— William Shakespeare

The Merry Wives of Windsor (II, ii, 62)

Now that you have read the book, let me help you bring it all together in the short of it, to use part of Shakespeare's metaphor. In this chapter, we will go over the main points again in a brief way to provide a tour, so to speak, through the book. This time the images will be your own, and I'll be your help and your guide.

NOTE: When you first walk into a center which uses Eidetic Therapy for treatment of MS, you may be wondering what to expect. Here is a brief outline of the preparatory stages.

1. *History & Symptoms.* First, you will fill out a few forms, of course. This may seem tiresome, but it is very important. The purpose of the forms is to put together the history of the problem and the symptoms in one place. After filling in the forms, you can get an idea of your symptoms (page 10).