

Book Review • Applied Concepts in Vision Therapy 2.0

Edited by Leonard Press, Marc B. Taub, & Pamela H. Schnell

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For years, *Applied Concepts in Vision Therapy* (ACiVT or *Applied Concepts*), with its distinct paisley cover, has been a staple in many optometrists' offices or even personal libraries. In 2017, it was released as a digital resource, published with Ridgevue Publishing. Now in 2022, *Applied Concepts* has not only been brought back, it has been restructured, revamped, and reinvented, and it can't be missed with the new black cover with the rainbow ring.

Through the combined efforts of editors Leonard Press, OD; Marc Taub, OD; and Pamela Schnell, OD; along with 51 additional contributors, we have *Applied Concepts in Vision Therapy 2.0*, or ACiVT 2.0. While this book has a textbook appearance, it doesn't feel or even read that way.

One of the things that really stands out when flipping through the pages is the use of color. The color code is established in the contents page. Each color signifies one of the four different sections: Foundations of Vision Therapy, Diagnostic and Therapeutic Guidelines, Treatment Guidelines and Procedures, and Practice Management and Administration. Tables, charts, images, and headings are all tied together using the section color. When a reference is made to a particular chapter, the section color for that chapter is used, and thus it is obvious where or what that chapter may be about. This small detail is not only helpful, but it makes learning from this book an enjoyable experience.

When approaching this book for the first time, it can be daunting to know where to start. ACiVT 2.0 is structured in a way that is welcoming to all levels of experience. As a student having a basic knowledge, it may be helpful to start from the beginning and read through. As an optometrist dipping their feet into the VT world, start with what you know and read into the areas that you do not. For therapists, there are numerous examples of therapeutic procedures in Section 3. Even for the experienced VT optometrist, there are new topics in ACiVT 2.0 from a variety of different perspectives in the field. From working with special populations, to syntonics, and even to inter-professional relationships, there is something new to be learned for everyone.

When it comes to textbooks, it's easy to get bored; however, this is not the case with ACiVT 2.0. As a result of the numerous contributors, ACiVT 2.0 is interesting and easy to read. Each chapter has a different feel to it: some may focus on the text, some reference charts, and others include figures. While everybody may have different experiences and perspectives, it is refreshing to have a resource that celebrates the collective knowledge of the experts in the field.

ACiVT 2.0 is quite the extensive guide. When looking at the contents page, can you not imagine the different webinars, meetings, and trainings with the same contributor names? What a valuable resource this is! The ability to look up a topic quickly, to find out what to do and how to do it, can be the difference between knowing or not knowing how to help a patient.

This new publication is a unique and extraordinary resource for those looking to learn, to understand, and to expand their knowledge. With fresh and intriguing cover art, color-coded sections, and pages of well-written content, this book offers something for all. In Leonard Press' epilogue for this ground-breaking text, it feels as if he tells us all to keep an open mind and keep on learning. You will easily do just that when you dive into this book!