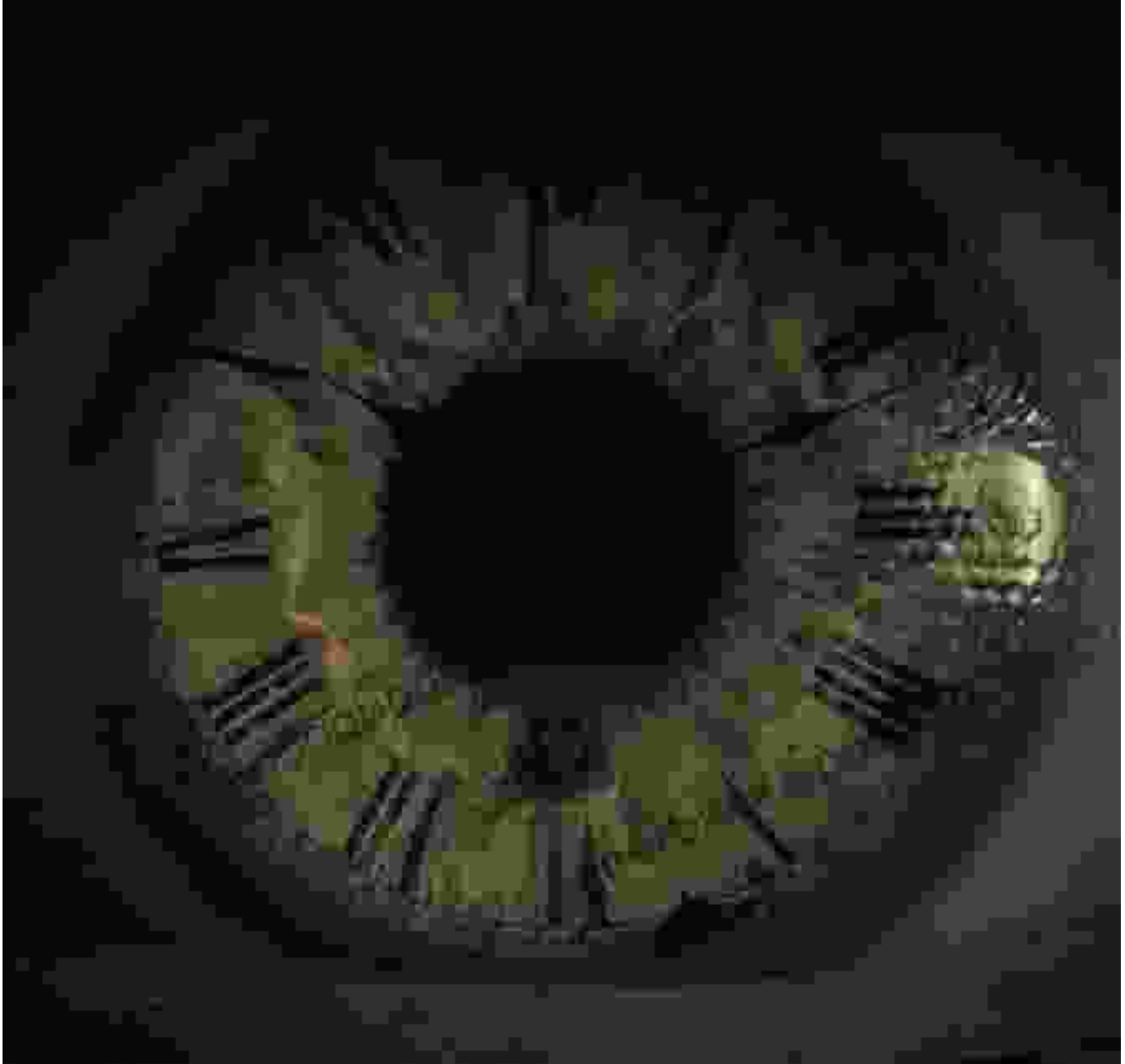


In Dark Times: A Journey Through the Heart of Myopia, by Nicholas Humphrey



About the Book

In his groundbreaking book, *In Dark Times*, Nicholas Humphrey takes us on a journey through the heart of myopia, a condition that affects over 2

billion people worldwide. Humphrey argues that myopia is not simply a physical condition, but a cultural one, and that it is on the rise due to our increasingly screen-based lifestyles.



In a Dark Time by Nicholas Humphrey

★★★★★ 5 out of 5

Language	: English
File size	: 341 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 160 pages
Lending	: Enabled
Screen Reader	: Supported
Item Weight	: 1.38 pounds
Dimensions	: 5.91 x 1.44 x 8.66 inches



Humphrey begins by exploring the history of myopia, from its first appearance in ancient Greece to its explosion in prevalence in the 20th century. He shows how myopia has been shaped by factors such as literacy, education, and social class, and how it has been both a source of stigma and a source of empowerment.

Humphrey then turns his attention to the science of myopia, explaining how it is caused by a combination of genetic and environmental factors. He discusses the latest research on myopia control, and provides practical advice on how to prevent and treat the condition.

In Dark Times is a fascinating and thought-provoking book that will change the way you think about myopia. It is a must-read for anyone who is

interested in the history, science, and culture of vision.

Reviews

"In Dark Times is a brilliant and important book. Humphrey has written a powerful indictment of our screen-based culture, and he has shown us how we can take back control of our vision." - Steven Pinker, author of *The Blank Slate* and *Enlightenment Now*

"In Dark Times is a fascinating journey through the history, science, and culture of myopia. Humphrey writes with clarity and passion, and he has produced a book that is both informative and inspiring." - Oliver Sacks, author of *The Man Who Mistook His Wife for a Hat* and *Musicophilia*

"In Dark Times is a must-read for anyone who is interested in the future of our vision. Humphrey has written a powerful and persuasive book that will change the way we think about myopia." - David Eagleman, author of *Incognito* and *The Brain*

About the Author

Nicholas Humphrey is a psychologist and philosopher who has written extensively on the nature of consciousness, evolution, and human nature. He is the author of several books, including *Consciousness Regained*, *The Inner Eye*, and *Souls on Fire*. Humphrey is a Fellow of the British Academy and a Visiting Professor at the University of Cambridge.

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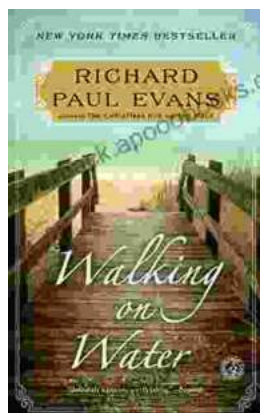
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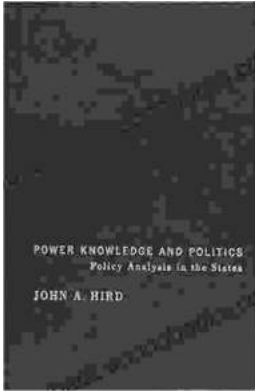
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