

NATIONAL BESTSELLER

"Unblinded tells a remarkable story of sudden blindness, new vision, and sight regained. It offers great insight into the nature of reality—that which we perceive and that which we create for ourselves."

ISAAC HURLEY, *New York Times* bestselling author of *Even When It Rains*

Unblinded

*One Man's Courageous Journey
through Darkness to Sight*



Traci Medford-Rosow
and
Kevin Coughlin

Traci Medford-Rosow

Unblinded: One Man's Courageous Journey Through Darkness to Sight



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Unblinded may be the true story of New Yorker Kevin Coughlin, who became blind in age thirty-six because of a uncommon genetic disorder known as Leber's view miraculously started to come back.s descent into darkness, and his unexplained reemergence to view.s Hereditary Optic Neuropathy. He is the only real known person on earth who provides experienced a spontaneous, non-medically assisted, regeneration of the optic nerve. Unblinded follows Kevin's Twenty years later, without medical intervention, Kevin's



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I did not want to put the book down. He had to reduce his sight to be demonstrated, through the Grace of God, how to connect to life through his heart and not his head. When he dropped his capability to see, he begun to truly start to see the light and the reality from the within out. Through struggle, hardship and pain his heart was opened and he became aware of how everything we neglect deserves great reverence and gratitude. Once he discovered this specific lesson, his view was came back to him. It must be on everyone's reading list and I highly recommend it. Incredible Story + Incredible Writing = Hollywood Blockbuster Unblinded by Medford-Rosow & It's an activity. The tale had me right from the very you start with the Prologue where we learn that Kevin awoke one morning, went outside, and incredibly sees the celebrities for the very first time in 19 years. The miraculous tale then takes us on the journey from when Kevin loses his view to when he regains it back to the bewilderment of the scientific community. Well done Tracy Medford-Rosow. You do not have to struggle with an illness to comprehend how life will often bring us to our knees. Well told story of a man's transformation A good go through of Kevin's life with and without sight, his dark days and his enlightenment. I highly recommend this empowering, beautifully written story! But simultaneously its full of inspiration and reflection. What a page-turner! A Cardiovascular Opening Journey I really like this book since it is a story about a man who could discover with his eyes, but was blind to the reality of what really mattered in life. This riveting tale is actually about one person's overcome adversity. I am impressed with just how Traci Medford-Rosow demonstrated how Kevin learned to navigate in a seeing world. Despite the fact that Kevin's struggles were many and with constant problems, I was captivated with how he were able to traverse the busy urban environment of NYC, the work world he discovered himself in and out of, the physical environment of his life, his emotional struggles of addiction and finally recognizing that he needed to find a way to heal. I was also used by the girl who came to Kevin's apartment to execute a healing program, after he realized glimpses of sight were returning. As Kevin's years of being blind continued, the writing kept me engrossed and caring about Kevin, his supportive guideline dogs, and the transformation of his personal and spiritual growth. It was a subtle scene but reinforced Kevin's own successful attempts toward healing. I recommend this empowering, beautifully written story! Give up control "Sometimes you have to give up control to get it". Kevin is informed this in early stages in his journey. How the story unfolds is beautifully done and sometimes I felt as if I was there in the area with Kevin. Kevin's issues, which others have pointed out, seem insurmountable. Yet, each chapter ends with a bit of writing from when he started to see again. I am taken in with each chapter, each step he takes, and experience his frustration, dread, and joy..I came across myself pausing sometimes, wondering how I would handle that circumstance, and cheering him on. Imagine catching a poor break, not having the ability to see for a long time and years, and one day it begins turning. Anyone going thru a hard time would benefit from this book. The book is well-written and an unbelievable page turner! I am hoping it is made into a movie - they are common lessons. As a part notice, alcoholism and LHON run in my family members. That's what Unblinded shows us. successfully deal with most patients who can't get LASIK So thanks a lot Kevin Coughlin for inspiring many people—including this one eye surgeon who will keep working, partially because of you???? Inspiring True Story This book captivated me from the first page. Moreover, it is not only about the have a problem with blindness but the have a problem with addictive habits and also relationship issues. Read this book. It generally does not disappoint! Wonderful read for anyone who struggles! The struggle is real. Dealing with the general public who don't realize is a genuine challenge. Having a couple of children who cope with blindness, this was a heartwarming story of the problems faced by those who have a problem with

blindness daily. It wasn't a straightforward story about shedding one's eyesight and then having it restored, it was about a transformative encounter that truly changed an individual's vision of himself and the world around him. I liked it. It brings hope to the blind and also require lost hope! It enlightens those who might not understand the struggle. I am hoping that I can meet up with the challenges life serves up with the same perseverance, passion, and humor. Great read for all! from sadness to pleasure, from victim to dynamic participant in an excellent ... Once in a blue moon, I pick a reserve out of my normal reading genre and this one was a magnificent choice! I am generally intrigued by personal triumphs over adversity but this is a lot more than what I experienced expected. While I will never fully understand that struggle, this publication does wonders for individuals who do!. It was a genuine look at how a detrimental and totally unfair change of fate can remarkably change you into the entire person you were always meant to be. This story goes a vicarious journey which will change you as well. From despair to hope, from sadness to joy, from victim to dynamic participant in a wonderful life. These authors could have you sense what Kevin sensed and seeking what Kevin now has. It is inspirational, uplifting and filled with gratitude. That is a heart-felt tale of 1 man's incredible inner transformation that can teach each of us to be grateful for all that we have also to treat each other with loving kindness and care. Coughlin's mother. BRAVO! Miracles can occur from the inside out. In Unblinded, Traci Medford-Rosow leads us through the wondrous tale of one man's connection with overcoming blindness. If there's ever a tale that can offer you hope, offer some cause to be optimistic even though things are at their worst, this is it. An Unusual Story From the opening pages of UNBLINDED, I came across a gripping true story of Kevin Coughlin. There generally is never a quick fix in existence. This inspirational tale is exactly what Hollywood adores and needs for the big screen and is not to be missed! Despite the fact that he gets quite down, you are rooting for him on his trip. MK Truly an incredible story This is one of the most incredible stories it is possible to find out about. In this book, we, like Oedipus, learn that sometimes we must become blind to see. At age group 36, Kevin Coughlin comes down with a rare genetic disorder that leaves him blind after five times. Truly remarkable. Eye surgeon reviews this book As a prominent LASEK doctor, I came across myself absorbed by this reserve. Not for the original mystery medical diagnosis (I was pleased with making the correct diagnosis of Leber's within the first few webpages). But by the human being emotion, initial suffering, and best triumph evoked by visual loss I was in fact seriously considering early pension, because the pressures of executing 1,000 flawless LASEKs each year offers hindered me from having that much of an individual life (eg wife, kids) But now Personally i think motivated to soldier on, if at a reduced pace, as it will be a pity to abandon the safer noncutting LASEK that I developed that can properly & I don't beverage, and my chances of blindness are slim, but it do make me relate to this story in a certain way. It is a well-written, true account of 1 man's challenges to face an unbelievable situation. I HIGHLY recommend it! I could not place it down. But that's why we enjoy it so much more. More importantly I believe, we have been given insight as to how Kevin uses this newfound gift of blindness and the transformational changes he makes in his life.. " I've lost almost all of my vision in the last three days; Unblinded is an easy read to add to your repertoire. Unblinded! Kevin's journey has been a long one. Ideal for an autumn weekend by the fire. Unblinded takes the reader on a fascinating, behind-the-moments tour of what continued during those years of darkness and how Kevin, after battling alcoholism, loneliness, prejudice, and perhaps primarily himself, emerges as a guy of wisdom and sight. Coughlin reads like an advantage of the chair thriller. And if finished with struggle and reflection then the reward is so much sweeter and deeper. Which makes Kevin's story more personal, I guess. Traci Medford-

Rosow Truly Inspiring and Intriguing!! One of the Best True Tale Experience's I've acquired the pleasure to read in age's. I raced through this since it is a true tale of courage, humility, and hope. A switch of perspective, a modification of attitude, a change of a belief system, a change of life style but most of all a change of being. Thank you Kevin for posting your story. A wondrous story of hope and inspiration!!! An Incredible Journey! I'm thirty-six years old and otherwise healthy. The challenges of Kevin's life are felt in every page. Abruptly Coughlin became blind from a uncommon genetic disorder. I highly recommend this reserve! Fifteen years later on, he catches his first glimpse of light in a bathroom mirror and his eyesight steadily returns. His miraculous recovery through prayer, meditation and discipline (both diet plan and physical) is amazing. Bill S., Ruth, was a nurse and he turned to her for a health care provider referral, She gave him two professional Neuro-Ophthalmologist, experts in the field. "Kevin called the initial doctor and was informed there is a two-month await the first open appointment. He made a decision to put a bit more urgency into his demand when he called the next person his mom had given him—a Dr. Myles from Columbia Presbyterian INFIRMARY. "Hello, this is an emergency," he said, as soon as the receptionist answered the telephone. A dose of inspiration and reflection! Unblinded is an amazing book. My name is Kevin Coughlin." He was given the initial appointment Thursday morning." (Web page 17) Much of the book is about the sudden life change of losing his vision. Coughlin resided in blindness. Toward the finish of the book and about 20 years later his sight miraculously returned. Each chapter ends with a short journal entry to capture Coughlin's words and feelings.



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