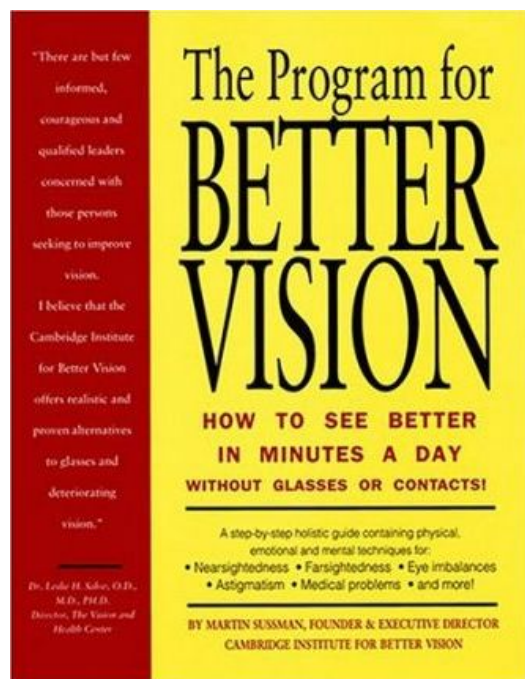


[EPUB] Download The Program for Better Vision Full Book



Book info:

Author: *Martin Sussman*

Format: *202 pages*

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Synopsis:

Outlines a program of eye exercises, muscle control techniques, body relaxation, and guided visualization designed to help the body and mind work together to improve vision

Recommendations:

The Bates Method for Better Eyesight without Glasses, Improve Your Vision Without Glasses Or Contact Lenses