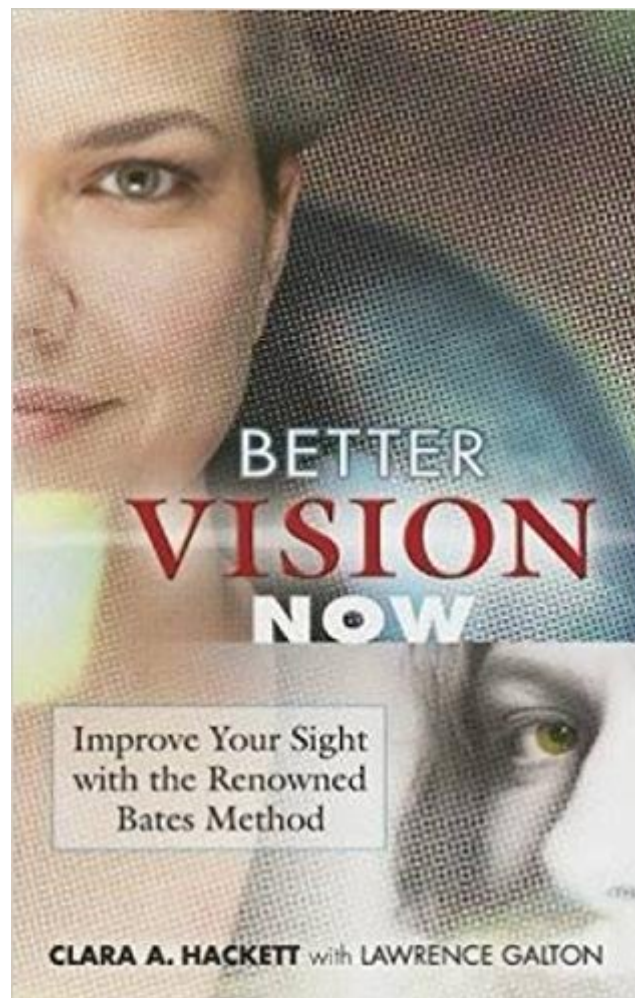




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# Better Vision Now: Improve Your Sight With The Renowned Bates Method



## Synopsis

Thinking about laser eye surgery? Tired of glasses and contacts? Take a look at this easy-to-follow, step-by-step method for improving poor vision. Hackett's innovative self-help guide includes a basic 12-week program of simple routines and drills that are recommended for correcting nearsightedness, farsightedness, crossed eyes, color-blindness, glaucoma, cataracts, and other serious eye problems. Incorporating Dr. William H. Bates' treatment of systematic exercise and training — techniques generally applied in treating and rehabilitating handicapped patients — the text suggests that relaxation, eyesight training, and skillful use of psychological factors are important elements that can possibly lead to improved eye functions. Bates, a practicing New York City ophthalmologist, first demonstrated his method of improving defective vision in the 1920s. Since then, thousands of people have been helped by methods devised by the doctor and his pupils. A useful aid for anyone experiencing problems with their vision, this practical guide will also be of value to healthcare specialists.

## Book Information

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## Customer Reviews

This book has stood the test of time for good reason. I am undergoing Bates treatment, and watching my prescription become \*less\* strong is very exciting. However, this method of vision therapy does require patience, and re-reading Hackett's case histories keep me going whenever it feels like I've hit another plateau.

Worked for me! After wearing glasses since 1968, I now no longer need them to drive. Thanks so

much! :)

It is an excellent book that simplifies the Bates method

better than expected

Thanks!

This was very informative with lots of real life examples and excellent explanations of the process of seeing more clearly.

see better

Studying This Book Has Greatly Helped Both Strengthen My Eyes Plus Helped me Get A Grip On A Severe Health Problem..As Always And With ALL THINGS Medical I 'Strongly Advise' You To Get A Doctors Opinion First.....But This book depending on your condition may be of some help.Indiana ED

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