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Better Eyesight For Busy People

*Better Eyesight
for Busy People*



*Compiled by
Gillian Snoxall*



Synopsis

"Better Eyesight for Busy People" is a collection of 12 easy but effective eye exercises, based on the Bates Method for Better Eyesight Without Glasses which was started in America by Dr William Horatio Bates MD (1860â€”1931). The exercises, which have been compiled by Gillian Snoxall, are aimed at busy people (especially those over the age of 40) who would like to improve their eyesight naturally but who do not have time to wade through acres of print.

Book Information

File Size: 2170 KB

Print Length: 35 pages

Simultaneous Device Usage: Unlimited

Publisher: Wordzworth Publishing (January 6, 2016)

Publication Date: January 6, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01A9RIBGS

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #417,455 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #43

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A short simple book that helps a lot if you are short in time. It give you quick eye exercises that helps improve vision incrementally

very thin explanations

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