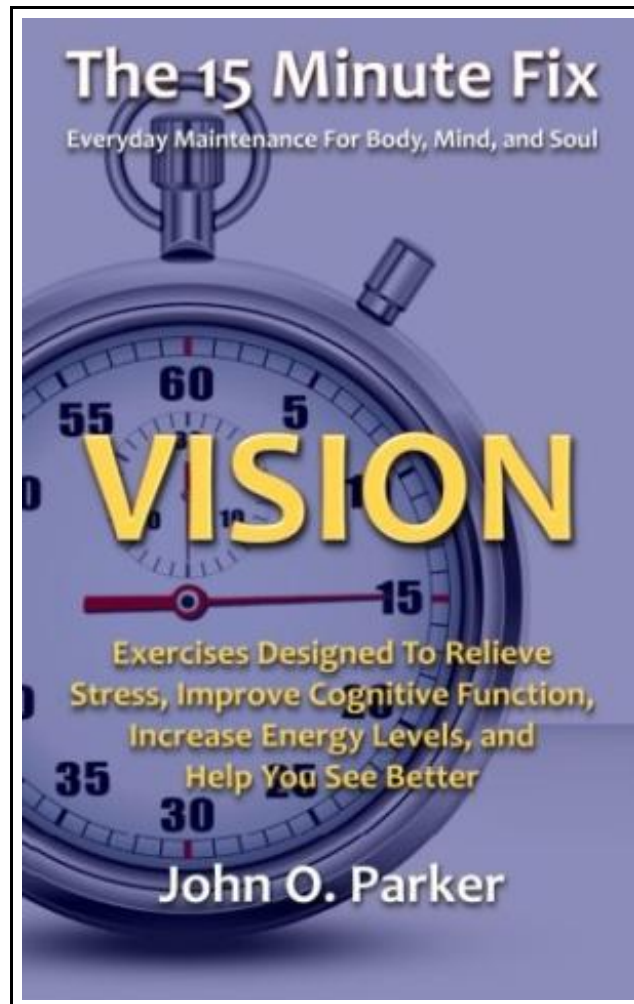


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Tidal Publishing, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you having more and more trouble reading books, labels, your phone, or anything else that has small type? Do you spend most of your day staring at a computer screen? Have you started to find that vision intensive activities such as driving, computer work, and reading are tiring you out? Are you trying to improve your ability to see while playing sports or engaged in outdoor activities? If so, The 15 Minute Fix: VISION is here to help. It will teach you to use eye exercises to slow the deterioration of or even improve your vision, reduce eye strain, and help your brain better interpret the information sent to it by the eyes. You will also learn to use vision exercises to alleviate stress, sharpen cognitive function, increase energy levels, and generally improve your quality of life. If you commit to this program, you will feel like you have a younger pair of eyes, and your overall health will improve. This book is primarily comprised of a series of eye exercises designed to tone and stretch eye muscles, improve circulation in and around the eyes, train your brain to better understand the signals sent to it by the eyes, and give them a break from their daily work. In addition to 48 different eye exercises targeting a variety of specific eye functions, including near vision, distance vision, binocular vision and depth perception, peripheral vision, and tracking and sports training, you will find: - Progress tracking tests and tools - Sample workout plans - Near and far eye charts - Tips for taking care of your eyes - Foods that are good for your eyes - Personal...



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