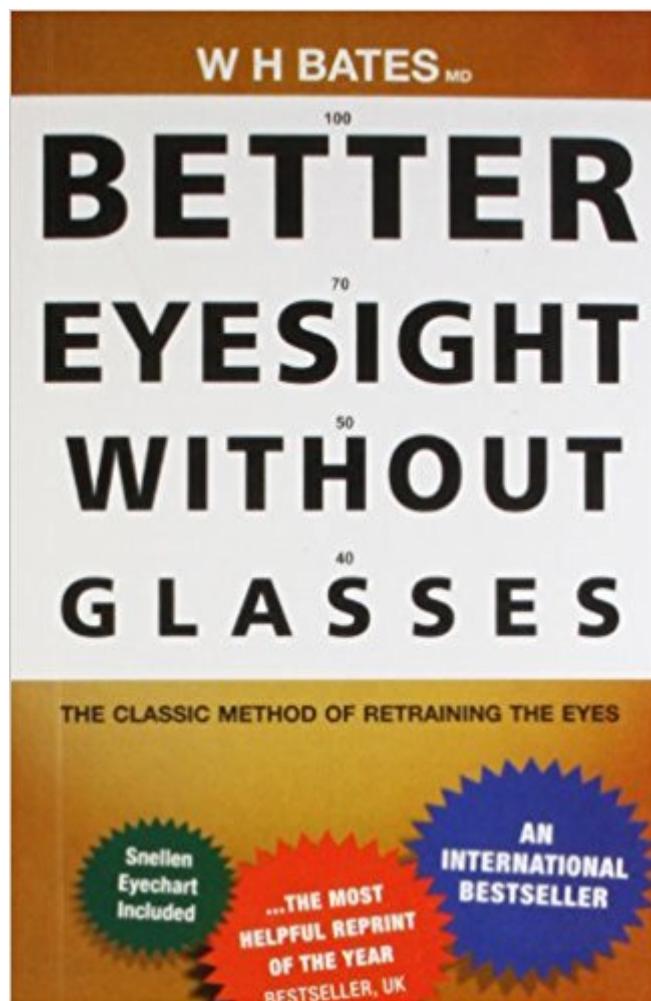


The book was found

Better Eyesight Without Glasses



Synopsis

The method aims to restore sight by using exercises to relax the eye muscles before retraining the eyes to focus effectively. Prescription glasses act as a prop for the muscles in your eyes and so, over time, the muscles actually get weaker. In fact, in the long term, glasses can only ever weaken your eyes. But, with the Bates Method you can retrain the eye muscles to work again, and perhaps even learn to do without glasses altogether. The Bates Method works two-folds, firstly with a series of exercises that relax and soothe the eye muscles, and secondly, retrains the relaxed eyes to focus effectively. The exercises are simple and easy to follow, and millions around the world have improved their vision using them. The book has influenced whole generations of people who believe that wearing glasses is the best way to improve your eyesight.

Book Information

Paperback: 230 pages

Publisher: Orient Paperbacks, India (November 30, 2008)

Language: English

ISBN-10: 812220449X

ISBN-13: 978-8122204490

Product Dimensions: 4.7 x 0.5 x 6.9 inches

Shipping Weight: 7 ounces

Average Customer Review: 4.2 out of 5 stars 14 customer reviews

Best Sellers Rank: #902,086 in Books (See Top 100 in Books) #129 in Books > Medical Books > Allied Health Professions > Optometry #96555 in Books > Health, Fitness & Dieting

Customer Reviews

This is the best book to read with regard to improving your eyesight...it contains info. that you will never get in any conventional medical literature. A must read book.

exellent book by W.H. Bates

Practice what is in this book. I got to travel a couple of hours by car (I was driving) and for the first time in 15 or 20 years I could read the signs with perfect clarity after practicing what is taught in this book, without my glasses. The eyeglass industry would disappear out of sight and lose money if people got busy and followed what is taught in this book and others written since then although they are based on this method. Even the blind from birth have received sight sufficient to get them

through life by seeing. It does take a lot of practice and time to do these exercises, and a lot of people just don't want to spend their time and take a quick crutch - glasses!!!

Outstanding book for anyone with vision problems. I now buy these for friends with vision problems. Helps them see the world in a different light. ;>)

This is a terrific book and I wish more people knew about it!

I love >all< of Dr. W.H. Bates books on helping me see better R.D. Roberts

My father used this book 30 years ago to get rid of his glasses, he was legally blind without them. I have over the years given it to many friends who have had different levels of help with it from not having to get stronger glasses to not having to get glasses. I use some exercises from it to keep my eyes in shape.

I was impressed with this book since it has been out of print for some time and therefore unavailable. Good book and worth the reading.

[Download to continue reading...](#)

The Eyesight Improvement Cure: How To Improve Your Vision Naturally Without Glasses, Lenses Or Surgery (eyesight, eyesight improvement, eyesight improvement ... naturally, how to improve your vision) Eyesight Improvement: The Ultimate Guide How To Improve and Cure your Eyesight and Vision Naturally (Eyesight Improvement, Vision Improvement, Eyesight Cure, Health Restoration, Natural Cures) The Bates Method for Better Eyesight Without Glasses Use Your Own Eyes & Normal Sight Without Glasses: Better Eyesight Magazine by Ophthalmologist William H. Bates (Black & White Edition) Better Eyesight without Glasses Tomart's Price Guide to Character & Promotional Glasses: Including Pepsi, Coke, Fast-Food, Peanut Butter and Jelly Glasses; Plus Dairy Glasses & Milk Tomart's Price Guide to Character & Promotional Glasses Including Pepsi, Coke, Fast-Food, Peanut Butter and Jelly Glasses; Plus Dairy Glasses & Milk Perfect Sight Without Glasses - The Cure Of Imperfect Sight By Treatment Without Glasses - Dr. Bates Original, First Book - Natural Vision Improvement: TextBook - Teacher/Student Edition The Bates Method - Perfect Sight Without Glasses - Natural Vision Improvement Taught by Ophthalmologist William Horatio Bates: See Clear Naturally ... Eyesight Magazine. (Black and White Edition) Take Off Your Glasses and See: A Mind/Body Approach to Expanding Your Eyesight and Insight Glasses No

More!: Collection of powerful self-help methods to naturally improve your eyesight and restore your vision [Illustrated version] Collector's Guide to Cartoon & Promotional Drinking Glasses : Pepsi - McDonalds - Sports - Disney - Coca-Cola - Much More (over 3000 glasses) Better Eyesight for Busy People Improve Your Vision Without Glasses or Contact Lenses The Cure of Imperfect Sight by Treatment Without Glasses: Illustrated You Don't Need Your Glasses or Contacts: Natural Ways to Correct Your Vision Without Drugs or Corrective Lenses Relearning to See: Improve Your Eyesight Naturally! Vision for Life, Revised Edition: Ten Steps to Natural Eyesight Improvement Vision Therapy: Exercise Your Eyes and Improve Your Eyesight The Art of Cosmic Vision: Practices for Improving Your Eyesight

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)