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Createspace, United States, 1996. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Natural Eyesight Improvement based on the Method, Treatments of Ophthalmologist William H. Bates. (Color Version. See Black White copy for a lower price or the short version; Ten Steps for Clear Eyesight Without Glasses.) Vol. 1 Paperback now contains all volumes, the EFT book and Dr. Bates books. Includes 20 Color Printable PDF E-Books with this Paperback book, Eyecharts, Audio, Video Lessons, 600+ color pictures, all the Author s and Ophthalmologist Bates 50 books. Contact the Author for the download link; Address is on the Thank-You Page inside the book. E-Book contains Word Search - type in any word, Example; Myopia to see 50-100 Treatments for unclear distant vision. Adobe Translates to Italian, Spanish, German. Activities; Shifting-Natural Eye Movement, Central Fixation, Relaxation, Memory Imagination, Switching Close, Middle, Far for perfect equally clear vision, convergence, accommodation, divergence, unaccommodation in the left and right eyes at all distances, Left and Right Brain Hemisphere Activation Integration, Color Treatment, Visualization, Alpha, Theta, Delta Brain Wave Deep Relaxation. Palming. Positive Thinking. Posture. Body

Reviews

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