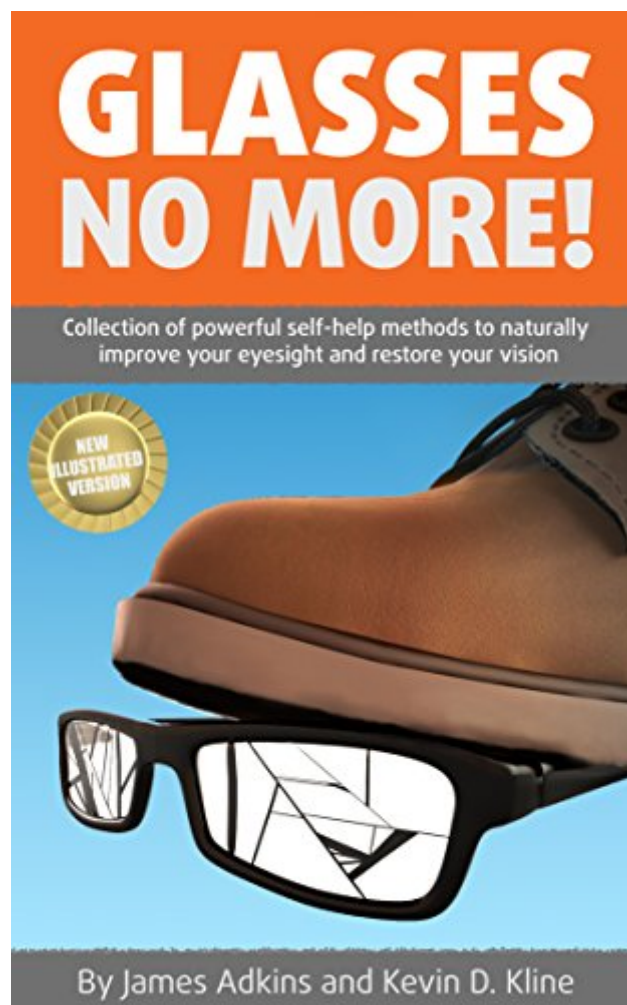




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# Glasses No More!: Collection Of Powerful Self-help Methods To Naturally Improve Your Eyesight And Restore Your Vision [Illustrated Version]





## Synopsis

Is your eyesight getting worse? Worried to visit your regular eye examination, for your doctor stating the obvious? Or maybe your vision is fine and you want to just take preventative measures? Luckily for you there's **Glasses No More!** An informative self-help book which covers recent research by two leading experts in eyesight improvement. The piece contains all the facts you'll need to improve your eyesight vision. The book is packed with useful tips that you can immediately incorporate into your lifestyle. **Glasses No More!** is suitable for people of all ages suffering with nearsightedness, farsightedness, or astigmatism. This book will inform you: -Why glasses are no longer necessary and why doctors are reluctant to help you to get rid of them -Provide you with the most powerful eye exercises that are based on years of testing results -How your eyes operate and what are the causes to some of the most common ailments -When and how you should relax your eyes -Which nutrition can be either negative or beneficial for your eyes -How to read when using the computer without damaging your eyes -How simple lifestyle can contribute greatly towards having a clear vision -How to utilize this information in order to maximize their effects and improve your eyesight quickly Your eyesight is one of the most important aspects in life. Don't take them for granted and let them deteriorate. Download this book now and start your journey towards having a clear and healthy vision!

## Book Information

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## Customer Reviews

My whole family is nearsighted, and I live in constant fear that my eyesight will keep getting worse. I have been interested in natural vision improvement for a few years now, and all I can say is [this book](#) is what we really need an ebook like this. It exceeded all my expectations and provided useful tips for fighting my nearsightedness. My family members liked it as well. I would recommend this ebook. A great alternative for people seeking alternative vision correction. This book contains much more than eye exercises and nutrition advice. I found myself using many examples presented in the book, and it is a surefire way to ditch your glasses and contacts. Moreover, it is written in plain English by a couple of very talented researchers.

It feels like I have the tools to permanently and naturally correct my vision after reading this short yet informative book!

At least we were told so from early childhood, right? Wrong! Another [common myth](#), just like ["spinach is the best source of iron"](#). Now I know that carrots alone won't help a thing, and I know what is truly needed for healthy eyes. You will find tons of useful stuff in this comprehensive book. Overall, an excellent resource for people struggling with vision problems.

It is amazing how much you can learn about eye improvement from such a short book. Most books written on this topic are just a bunch of poor advice and jabber from a writer who is just trying to fill up pages. I really liked the thorough approach and the fact that the author cared to explain many of the details. Some people just give you a list of rules and how they came up with them, and why they work is a small part. Thanks to James and Kevin for writing this down.

I rated this book as a 4-star for its comprehensive and condensed information which can easily be applied. Believe the author to also be sincere in helping individuals improve their current condition.

I have been wearing glasses for 50 years. my vision has really deteriorated since the advent of

tablets and my new e reader. I have high hopes for improvement. Yoga, walking and weight training did wonders for the old body....going to try this workout for the peepers!

A very short book with some tips on exercises and nutrition for the eyes. Nothing in the book was new to me, which I found just as easily on the web.

to live my life while ignoring probably the most crucial sensory organ in the whole body. Long days behind a computer have taken a toll, and I had to change my lenses every three years. By the way IÃfÃ¢Ã â ¬Ã â„m 34.Finally, this is over, and the credit goes to this book. DonÃfÃ¢Ã â ¬Ã â„t get me wrong ÃfÃ¢Ã â ¬Ã â œ itÃfÃ¢Ã â ¬Ã â„s only a book, and you need to take action, but the way the authors encourage you and literally ÃfÃ¢Ã â ¬Ã Å“hold your handÃfÃ¢Ã â ¬Ã Å• is very inspiring! A gem among vision improvement books.

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Glasses Improve Your Vision Without Glasses or Contact Lenses

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