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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 (1860–1931). 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.

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very thin explanations

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