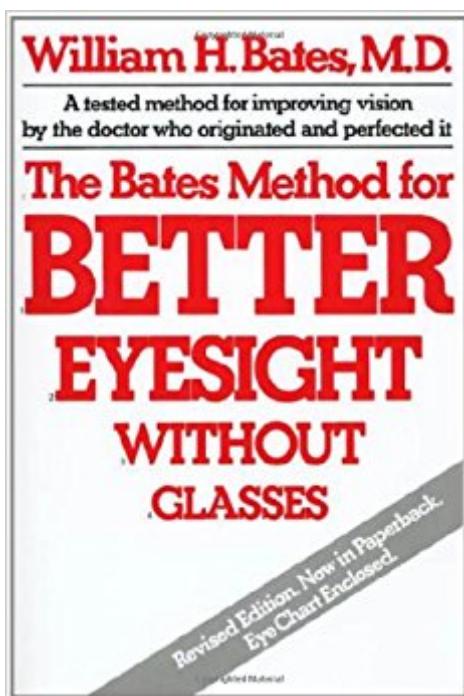


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# The Bates Method For Better Eyesight Without Glasses



## **Synopsis**

This book provides Dr. Bates's time-honored program, which has helped hundreds of thousands of people triumph over normal defects of vision without the aid of eyeglasses.

## **Book Information**

Paperback: 208 pages

Publisher: Holt Paperbacks; Revised edition (April 15, 1981)

Language: English

ISBN-10: 0805002413

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Product Dimensions: 5.5 x 17.3 x 209.3 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars 158 customer reviews

Best Sellers Rank: #50,988 in Books (See Top 100 in Books) #4 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Eye Problems #8 in Books > Science & Math > Physics > Optics #913 in Books > Health, Fitness & Dieting > Alternative Medicine

## **Customer Reviews**

"Within a couple of months I was reading without my spectacles and, what was better still, without strain and fatigue" Aldous Huxley. --This text refers to an out of print or unavailable edition of this title.

Dr. William H. Bates was a leading New York ophthalmologist, who edited Better Eyesight magazine and published The Cure of Imperfect Eyesight by Treatment without Glasses.

Wonderful information, and very helpful. But a difficult read.

A must read for everyone in modern world full of TVs, handhelds, Smart phones and computer screens.

not what i thought. Most of the book is a medical journal of how the eye operates. Hard read.. never made it to the end.. better off downloading eye apps for your cell phone for interactive eye exercises.

A bit hard to follow for the layman but does contain useful information

Very good to have the book, passionating indeed, but the chart (offered with the book) was missing.  
.it's writed on the first page.. An explanation would be nice. .

Great book, on time, love it. Thanks

Directions for exercises not very clear

This is a very good book and informative regarding natural eyesight improvement technics

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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) 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) 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) 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 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 & Mil Tomart's Price Guide to Character & Promotional Glasses Including Pepsi, Coke, Fast-Food, Peanut Butter and Jelly Glasses; Plus Dairy Glasses & Milk Bates' Nursing Guide to Physical Examination and History Taking (Guide to Physical Exam & History Taking (Bates)) 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 Vision Now: Improve Your Sight with the Renowned Bates Method 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

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