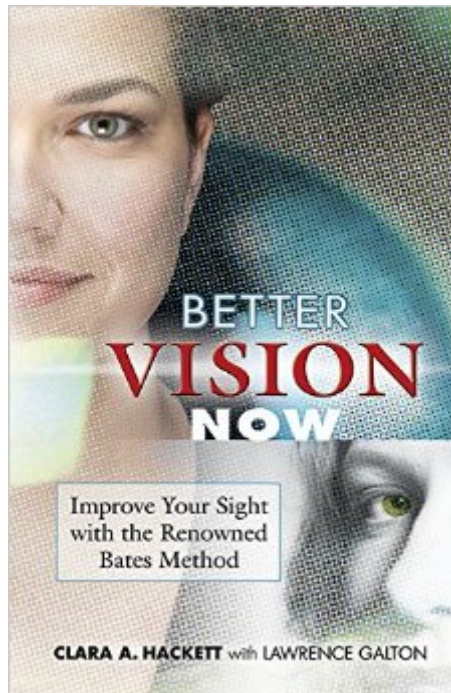


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# Better Vision Now: Improve Your Sight With The Renowned Bates Method



## Synopsis

Thinking about laser eye surgery? Tired of glasses and contacts? Take a look at this easy-to-follow, step-by-step method for improving poor vision. Hackett's innovative self-help guide includes a basic 12-week program of simple routines and drills that are recommended for correcting nearsightedness, farsightedness, crossed eyes, color-blindness, glaucoma, cataracts, and other serious eye problems. Incorporating Dr. William H. Bates' treatment of systematic exercise and training " techniques generally applied in treating and rehabilitating handicapped patients " the text suggests that relaxation, eyesight training, and skillful use of psychological factors are important elements that can possibly lead to improved eye functions. Bates, a practicing New York City ophthalmologist, first demonstrated his method of improving defective vision in the 1920s. Since then, thousands of people have been helped by methods devised by the doctor and his pupils. A useful aid for anyone experiencing problems with their vision, this practical guide will also be of value to healthcare specialists.

## Book Information

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## Customer Reviews

An essential book. I had to wear glasses from the time I started school, but thanks to Bates exercises haven't needed them for many years. (I'm 86 years old.) This is the Bates method updated, and I'm reading it because it has a whole chapter on cataracts. (I'm hoping to avoid surgery.)

Dozens of books have been published on the Bates method of vision improvement, and like this

one, some written 50 or more years ago have been reprinted due to the growing popularity of the method. Thousands of people have learned that the method does indeed work, and more and more eye doctors are waking up to that fact despite some long-held theories not being in agreement with it. The author, as of the original publication date (1955), had worked with over 2,800 people whose visual deficiencies ranged from nearsightedness and farsightedness to more serious problems such as glaucoma and cataracts. In the book she includes many modification to techniques that Dr. Bates established, to produce better results, and introducing variety to help eliminate boredom. She also introduces the use of color in exercises, not just black-and-white eye charts.

This book includes the basic Bates Method of vision improvement and more. I have worked with various vision re-training teachers and find that this book is very comprehensive in what it presents. Do not expect overnight miracles when doing the Bates Method. We take seeing for granted when we have good eyesight, but when vision gets impaired we have to learn that seeing is as much a re-training of mental processes and attitude as it is doing the techniques or exercises presented. The Bates Method is not for everybody; some people just don't want to do the exercises. For them it's better to wear glasses or contacts.

I recommend. One of the first Original Bates Teachers. Has her own effective techniques added. Use of Color Eyecharts. First edition; Relax and See. Improved sight for thousands of students. Relax and see;: A daily guide to better vision, Help Yourself to Better Sight

Studying This Book Has Greatly Helped Both Strengthen My Eyes Plus Helped me Get A Grip On A Severe Health Problem..As Always And With ALL THINGS Medical I 'Strongly Advise' You To Get A Doctors Opinion First.....But This book depending on your condition may be of some help. Indiana ED

This is a book I had previously, but lost it. I am pleased I could purchase it again. It has practical helps for persons to aid in their vision. I recommend it.

This book has stood the test of time for good reason. I am undergoing Bates treatment, and watching my prescription become \*less\* strong is very exciting. However, this method of vision therapy does require patience, and re-reading Hackett's case histories keep me going whenever it feels like I've hit another plateau.

This was very informative with lots of real life examples and excellent explanations of the process of seeing more clearly.

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Bates Method Nuggets: The Fundamentals of Natural Vision Improvement by William H. Bates, M.D.  
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Sight Word Sentences Lesson 1: 5 Sentences Teach 20 Sight Words with Flash Cards (Learn to Read Sight Words)  
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Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better)  
Eat Right for Your Sight: Simple, Tasty Recipes that Help Reduce the Risk of Vision Loss from Macular Degeneration  
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