



# **Glasses No More!: Collection of powerful self-help methods to naturally improve your eyesight and restore your vision [Illustrated version]**

*James Adkins, Kevin D. Kline*

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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!

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