



The Program for Better Vision: How to See Better in Minutes a Day: Without Glasses or Contacts!

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The Program for Better Vision is the best-selling vision book for a good reason: It's effective! The Program is easy to use, taking you step by step through a specific series of Vision Sessions. The Program is a combination of eye exercises, muscle-control techniques, brain/eye coordination, perceptual training and body, mind and eye relaxation. Here's what you'll find in The Program for Better Vision: 6 VISION SESSIONS: 1.) Fusion String Technique: Develops Binocularity and Convergence, teaching your eyes to work together and to see equally. 2.) Mind's Eye Visualization: Increases your ability to visualize, encouraging the mind's role in restoring vision. 3.) Self-Massage Techniques: Relieves tension of the upper body, particularly your shoulders, head, neck and eyes. 4.) Spectrum Visualization: Releases deep tension in your entire visual system. 5.) Vision Chart Techniques: Increases focusing power and sharpens Peripheral Awareness and Mental Concentration. 6.) Memory Visualization: Helps you release the limiting images, memories and attitudes that may block clear vision. PROGRAM GUIDE AND SCHEDULE: The Program Guide leads you step by step to better vision, explaining how and why each exercise works. You'll proceed with confidence as you easily follow the schedule, knowing that you are doing the right thing for your eyes. Filled with photographs, illustrations and diagrams, you'll also find information about: - How to gauge your improvement - 10 Steps to Better Vision - How the eyes work - Using glasses/contacts while on The Program - Tips to reduce eye stress and strain TOLL-FREE SUPPORT: Questions while using The Program? Call us and we'll be glad to help. You may never need to-The Program is so easy to use-but our staff is on hand if you need us.

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From reader reviews:

Lawanda Beverly:

Spent a free time to be fun activity to do! A lot of people spent their free time with their family, or their particular friends. Usually they undertaking activity like watching television, going to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your own free time/ holiday? Could possibly be reading a book is usually option to fill your no cost time/ holiday. The first thing you ask may be what kinds of book that you should read. If you want to try out look for book, may be the publication untitled The Program for Better Vision: How to See Better in Minutes a Day: Without Glasses or Contacts! can be great book to read. May be it is usually best activity to you.

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