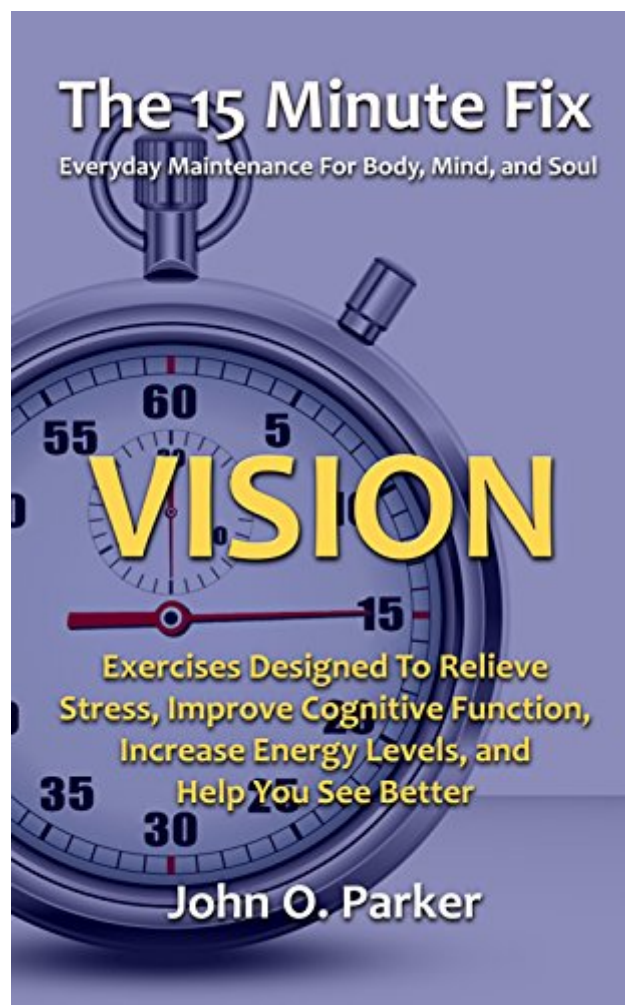




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The 15 Minute Fix: VISION: Eye Exercises Designed To Relieve Stress, Improve Cognitive Function, Increase Energy Levels, And Help You See Better





Synopsis

Are you having more and more trouble reading books, labels, your phone, or anything else that has small type? Do you spend most of your day staring at a computer screen? Have you started to find that vision intensive activities such as driving, computer work, and reading are tiring you out? Are you trying to improve your ability to see while playing sports or engaged in outdoor activities? If so, The 15 Minute Fix: VISION is here to help. It will teach you to use eye exercises to slow the deterioration of or even improve your vision, reduce eye strain, and help your brain better interpret the information sent to it by the eyes. You will also learn to use vision exercises to alleviate stress, sharpen cognitive function, increase energy levels, and generally improve your quality of life. If you commit to this program, you will feel like you have a younger pair of eyes, and your overall health will improve. This book is primarily comprised of a series of eye exercises designed to tone and stretch eye muscles, improve circulation in and around the eyes, train your brain to better understand the signals sent to it by the eyes, and give them a break from their daily work. In addition to 48 different eye exercises targeting a variety of specific eye functions, including near vision, distance vision, binocular vision and depth perception, peripheral vision, and tracking and sports training, you will find:- Progress tracking tests and tools- Sample workout plans - Near and far eye charts- Tips for taking care of your eyes- Foods that are good for your eyes- Personal care ingredients that can harm eyes- Supporting materials available at www.the15minutefix.com

The 15 Minute Fix: VISION will appeal to those looking to avoid glasses or otherwise improve their eyesight through vision therapy, reading exercises, exercises to help manage double vision, presbyopia, amblyopia, lazy eye, and strabismus or any other kind of natural vision improvement. About The 15 Minute Fix: The 15 Minute Fix is a series of programs designed to help you age well. Regardless of how old you are now, 15 Minute Fix programs can teach you how to take care of yourself so that you stay healthy and youthful for many years. In addition to the main target area of each book (vision in this case), these anti-aging exercises will help you reduce stress, improve cognitive function, and otherwise promote a youthful mind, body, and soul. The 15 Minute Fix follows the tradition of innovative exercise programs such as Tim Ferriss's 4-Hour Body and Tony Horton's P90X series.

Book Information

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Customer Reviews

This book is a big help with exercises for my tired ole eyes.

Great book. Nice short exercises that don't take up too much of your time. They do have an immediate effect

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