



# Improve Your Eyesight: A Guide to the Bates Method for Better Eyesight Without Glasses

*Jonathan Barnes*

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**Improve Your Eyesight: A Guide to the Bates Method for Better Eyesight Without Glasses** Jonathan Barnes

By working on the Bates method exercises illustrated in this book at home for half an hour a day and applying some simple techniques in everyday life, most people have at least a 75 percent chance of achieving partial or complete success in restoring their vision. The Bates method of eyesight improvement is nonsurgical, completely safe, and quite effective. This simple and practical guide to using the Bates method addresses all the common faults of vision—nearsightedness, farsightedness, astigmatism, and “old age” sight.

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