



Program for Better Vision (Tra

By Martin Sussman

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The Program for Better Vision is a revolutionary approach to eye care. In a truly holistic way, you'll learn how to care for your eyes and improve your vision without glasses or contacts. The Program for Better Vision shows you how the mind, body and emotions can all work together to improve your visual system.

The Program for Better Vision gives you a comprehensive system that combines eye exercises, muscle control techniques, body relaxation and guided visualization. The step-by-step series of vision improvement sessions are easy to learn, fun to practice and take just minutes a day.

The Program for Better Vision also includes tips on proper nutrition for eye health, the right use of glasses and contacts and the keys to caring for your eyes throughout the day.

You'll find that improving your vision can become a journey of self discovery and transformation. And you'll see better, too — without glasses or contacts!

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Editorial Review

Review

"By far the most holistic approach to improving vision. Clearly laid out, The Program is easier to follow than others." -- *Irene Alleger, www.lightparty.com*

"For any person interested in improving their vision, The Program for Better Vision is a must to try." -- *Dr. Richard Kavner, O.D., F.A.A.O., Doctor of Optometry*

"Martin Sussman is a 'vision-improvement guru'!" -- *Computer Shopper*

"Martin Sussman is a real professional with good, common sense advice." -- *WNBC Today Show, New York City, New York*

"The Program is the most comprehensive, progressive and effective I have seen." -- *Dr. Dale Freeberg, O.D., F.A.A.O., Doctor of Optometry*

From the Publisher

In this book, Sussman explains how your body, mind, and emotions can all work together to help your visual system and improve your eyesight.

From the Author

"I've been showing people how to see better since 1977 - this is my life's work! IAnd it is still very gratifying to me when I get a letter, phone call or email from someone who has benefited from using The Program for Better Vision. So many people have surprised themselves - and their eye doctors - with their results. Perhaps I'll hear from you some day!

Users Review

From reader reviews:

Margaret Calderon:

The publication with title Program for Better Vision (Tra has lot of information that you can find out it. You can get a lot of advantage after read this book. That book exist new knowledge the information that exist in this e-book represented the condition of the world at this point. That is important to yo7u to learn how the improvement of the world. That book will bring you within new era of the the positive effect. You can read the e-book on the smart phone, so you can read it anywhere you want.

Dennis Johnson:

People live in this new morning of lifestyle always make an effort to and must have the spare time or they will get lot of stress from both lifestyle and work. So , when we ask do people have time, we will say absolutely without a doubt. People is human not only a robot. Then we request again, what kind of activity are there when the spare time coming to a person of course your answer will probably unlimited right. Then do you ever try this one, reading guides. It can be your alternative with spending your spare time, the

particular book you have read is usually Program for Better Vision (Tra.

Lowell Seymour:

In this period of time globalization it is important to someone to find information. The information will make professionals understand the condition of the world. The health of the world makes the information much easier to share. You can find a lot of sources to get information example: internet, paper, book, and soon. You can view that now, a lot of publisher this print many kinds of book. The particular book that recommended to your account is Program for Better Vision (Tra this reserve consist a lot of the information from the condition of this world now. This specific book was represented how does the world has grown up. The words styles that writer make usage of to explain it is easy to understand. The actual writer made some investigation when he makes this book. Honestly, that is why this book acceptable all of you.

William McCoy:

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