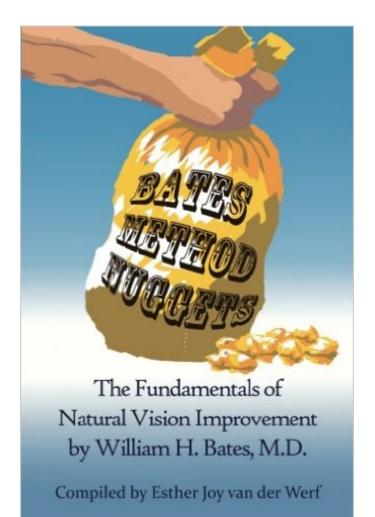
The book was found

Bates Method Nuggets: The Fundamentals Of Natural Vision Improvement By William H. Bates, M.D.





Synopsis

The Bates Method Nuggets are the golden nuggets of the Bates Method of natural eyesight improvement. These are true gems, in their original form, the way Dr. William H. Bates published them in his monthly Better Eyesight magazines in the 1920s. Rather than reading the huge volume of information of all the magazines, Bates Method Nuggets contains the essence in a compact form. The various parts of the method are sorted by subject, and step by step they provide you with a clear picture of the Bates Method in an easy and logical flow. This book can be used as an easy reference guide to the Bates Method, and is very useful to newcomers to the method as well as long-time Bates fans. You get the best of Dr. Bates' writings from the ten years after he published his book!

Book Information

Paperback: 130 pages Publisher: Visions of Joy; 2 edition (December 19, 2013) Language: English ISBN-10: 1935894137 ISBN-13: 978-1935894131 Product Dimensions: 6 x 0.3 x 9 inches Shipping Weight: 9 ounces (View shipping rates and policies) Average Customer Review: 4.5 out of 5 stars Â See all reviews (6 customer reviews) Best Sellers Rank: #626,796 in Books (See Top 100 in Books) #130 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Eye Problems

Customer Reviews

If you are looking for a book to give you an overview of the Bates method get this book. I read the book, Better Eyesight Without Glasses by Dr. William Bates and like this book waaaay better than that one. Bates Method Nuggets is much easier to read and it goes over a ton of the exercises. Please note that this book is just a compilation of his "Better Eyesight" magazines so it is written by him.I will update this review if have success using the Bates method.

Every school should know about the way to help children 'see' without effort. Especially when they start fringing to read things on the board in front of the classroom. Teach them to keep breathing and relax their eyes to see clearly and read without effort. Hardly anyone really needs glasses.

Not enough guidance for me to begin practicing the technique...lotsa hope from it though Download to continue reading...

Bates Method Nuggets: The Fundamentals of Natural Vision Improvement by William H. Bates, M.D. Better Vision Now: Improve Your Sight with the Renowned Bates Method The Complete Works of William Billings: The Psalm-Singer's Amusement (1781) (Billings, William//Complete Works of William Billings) Eyesight: How to Naturally Improve Vision - Proven Quick Tips to Improve Eyesight Vision in 30 Days or Less (eyesight improvement, eyesight cure, better eyesight) Improve Your Eyesight Naturally: How To Improve Your Vision Naturally - Learn Super Effective Eyesight Exercises To Improve Eyesight Without (Vision Therapy, Optometry, Eyesight Improvement) Bates' Guide to Physical Examination and History-Taking (Bates Guide to Physical Examination and History Taking) Bates' Guide to Physical Examination and History-Taking 11th Edition TestBank: Test Bank with Rationales for the book Bates' Guide to Physical Examination and History-Taking Vision for Life, Revised Edition: Ten Steps to Natural Eyesight Improvement The Natural Vision Improvement Kit Shakespeare Encoded: Cryptic Nuggets from the Immortal Works of the Great Bard Better Eyesight: The Complete Magazines of William H. Bates Brain Training And Brain Games for Memory Improvement: Concentration and Memory Improvement Strategies with Mind Mapping (New for 2015) The Bates Method for Better Eyesight Without Glasses 28 Days to Reading Without Glasses: A Natural Method for Improving Your Vision The Laird of Fort William: William McGillivray and the North West Company Word Virus: The William S. Burroughs Reader (Burroughs, William S.) Natural Remedies for Dogs: 101 Safe & Natural Essential Oils' Remedies for Your DOG: (Natural Remedies For Dogs, Essential Oils Remedies For Dogs, Natural Dog Care, Recipes For Dogs, Home Remedies) Handbook of Optics, Third Edition Volume III: Vision and Vision Optics(set) The 15 Minute Focus: SPORTS VISION: Exercises For Improving Peripheral Vision, Hand-Eye Coordination, and Tracking Ability (The 15 Minute Fix Book 14) Solutions Manual to Accompany Fundamentals of Quality Control and Improvement

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