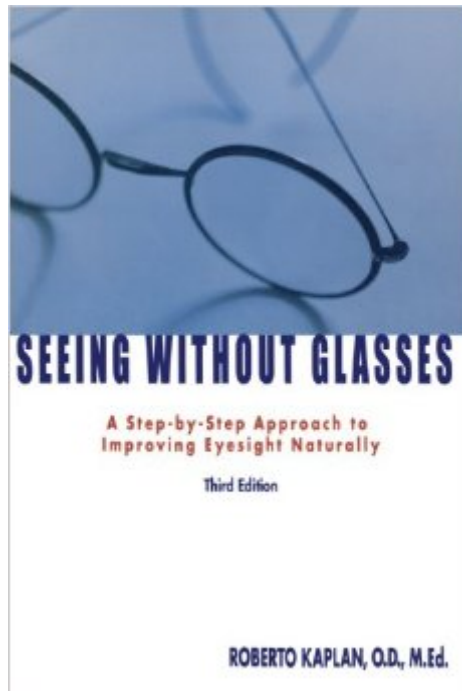


The book was found

# Seeing Without Glasses: A Step-By-Step Approach To Improving Eyesight Naturally



## Synopsis

This report on the excavations at Atlantic House, London, describes and illustrates important new evidence of Roman London's western cemetery. The cemetery was established in the late 1st century AD, following land reclamation along the River Fleet, and abandoned in the 4th century. A total of 19 inhumation burials and 29 cremations were identified at the site, with the majority dating from the 2nd and 3rd centuries. Two timber coffins were rare survivals, and these were lifted and removed for conservation and display at the Museum of London. A rectangular pit lined with timber stakes may originally have been a water-filled feature of ritual significance. The osteological study indicates that the cemetery population was generally healthy, enjoying a balanced diet and suffering few serious diseases. This report provides a significant new contribution to our knowledge of Roman London's cemeteries, and augments recent studies of cemeteries to the east and south of the settlement.

## Book Information

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## Customer Reviews

I used the first edition of this book, Seeing Beyond 20/20, some 19 years ago, and passed my driver's license in one month without glasses. Have been glass and contact-free ever since. This is essentially the same book, except that the charts are smaller. I wanted this one in my library as I lent the other and never got it back. It works.

I purchased this product from an affiliate of [Amazon.com](#) and this review is NOT a reflection on them, who provided me with excellent service. This is about the book...which, honestly, doesn't seem to work.

I've tried these exercises for 4 months now and the only thing I can tell is that my eyesight seems to have worsened and I have headaches more frequently. Perhaps it works for some, but definitely not for me. I would not recommend this book.

"Seeing Without Glasses" is an excellent resource providing a broad view of our visual organ. It references ways in which we use vision daily, including mention about the negative effect of extended computer viewing. Plus, as the title suggests, the book offers step-by-step solutions for improving eyesight, which includes recommended eyeball exercises. This book is for anyone wishing to understand, improve, or maintain good eyesight.

This book was interesting and thought provoking and easy to understand. The book makes one realize that some of eye health can be contributed to exercise of the eyes just as the rest of the body. One has to apply themselves in order to improve in all things.

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