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BETTER EYESIGHT FOR BUSY PEOPLE (PAPERBACK)



Wordzworth Publishing, United Kingdom, 2015. Paperback. Condition: New. New edition. Language: English . Brand New Book. Better Eyesight for Busy People is a collection of 12 easy but effective eye exercises, based on the Bates Method for Better Eyesight Without Glasses which was started in America by Dr William Horatio Bates MD (1860-1931). The exercises, which have been compiled by Gillian Snoxall, are aimed at busy people (especially those over the age of 40) who would like to improve their...

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- Authored by Gillian Snoxall
- Released at 2015



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