



Refreshing Vision: Opening the Windows of the Soul (Natural Vision & Eye Care) (Volume 1)

Dr. Glen Swartwout

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Refreshing Vision has step by step "Read and Do" instructions for 90 of Dr. Swartwout's favourite activities for enhancing visual and integrative abilities. In all this book offers over 100 ways to efficiently improve your vision. This is not just about central visual acuity or even just about the related function of accommodative focus. It covers every aspect of visual information processing from peripheral vision to visualization.

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