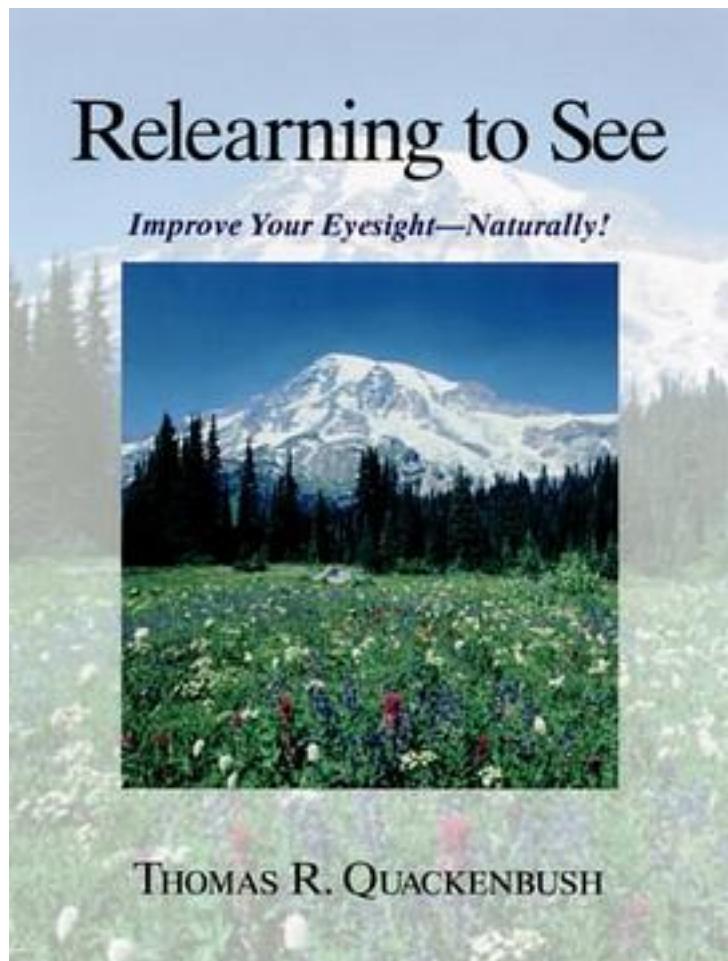


Relearning to See



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著者:Thomas R. Quackenbush

出版者:North Atlantic Books

出版时间:2000-1

装帧:Paperback

isbn:9781556433412

In this accessible presentation of the famous Bates method, Thomas R. Quackenbush (who teaches the Bates method in California and Oregon) describes how eyesight can improve naturally, at any age and regardless of heredity. This book is a wonderful

tribute to the genius of Dr. Bates, who was a pioneer in discovering how vision becomes blurred and how it restores itself naturally to clarity and acuity. Now 80 years later, his findings and teachings remain light years ahead of our contemporaries. His approach to treating vision problems was truly holistic and the theme throughout this book is very much an extension of that holistic approach. Dr. Quackenbush is to be commended for his dedication in getting the truth out and keeping the torch burning in this "bible" on vision improvement.

作者介绍:

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标签

评论

Facts. Movement, Relaxation. -> Sketching (shifting), Breathing, Blinking.

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