

Better Vision Now



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Thinking about laser eye surgery? Tired of glasses and contacts? Take a look at these easy-to-follow, step-by-step methods for improving poor eyesight. Hackett's innovative self-help guide includes a basic 12-week program of simple routines and drills that are recommended for correcting nearsightedness, farsightedness, crossed eyes, and other serious eye problems. 37 illustrations.

作者介绍:

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