



# Better Eyesight without Glasses

*William H. Bates*

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## **Better Eyesight without Glasses** William H. Bates

A revised edition of a self-help handbook, first published in 1919, which outlines the Bates method of retraining eyes, using exercises which relax the eye muscles and then retrain them to focus efficiently and without strain. Includes a pull-out wall chart.

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