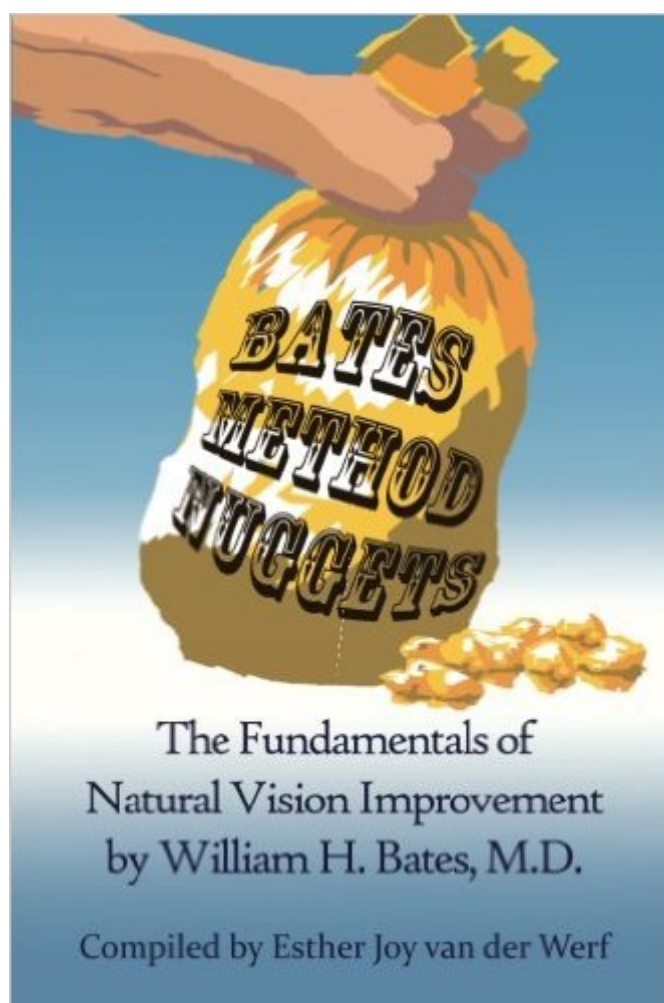


The book was found

# Bates Method Nuggets: The Fundamentals Of Natural Vision Improvement By William H. Bates, M.D.



## Synopsis

The Bates Method Nuggets are the golden nuggets of the Bates Method of natural eyesight improvement. These are true gems, in their original form, the way Dr. William H. Bates published them in his monthly Better Eyesight magazines in the 1920s. Rather than reading the huge volume of information of all the magazines, Bates Method Nuggets contains the essence in a compact form. The various parts of the method are sorted by subject, and step by step they provide you with a clear picture of the Bates Method in an easy and logical flow. This book can be used as an easy reference guide to the Bates Method, and is very useful to newcomers to the method as well as long-time Bates fans. You get the best of Dr. Bates' writings from the ten years after he published his book!

## Book Information

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## Customer Reviews

If you are looking for a book to give you an overview of the Bates method get this book. I read the book, Better Eyesight Without Glasses by Dr. William Bates and like this book waaaay better than that one. Bates Method Nuggets is much easier to read and it goes over a ton of the exercises. Please note that this book is just a compilation of his "Better Eyesight" magazines so it is written by him. I will update this review if I have success using the Bates method.

Every school should know about the way to help children 'see' without effort. Especially when they start fringing to read things on the board in front of the classroom. Teach them to keep breathing and relax their eyes to see clearly and read without effort. Hardly anyone really needs glasses.

Not enough guidance for me to begin practicing the technique...lotsa hope from it though

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