



## Better Eyesight without Glasses

By Vijaya Kumar

Sterling Publishers Pvt.Ltd. Paperback. Book Condition: new. BRAND NEW, Better Eyesight without Glasses, Vijaya Kumar, One of the most miraculous faculties of human beings is the ability to see. But the mounting pressures of modern civilisation and a life full of stress and anxiety often forces us to ignore the eye -- one of the most important organs of the body. With advanced technology having become an essential part of our lives, our dependence on television and computers has increased phenomenally, often resulting in deteriorated vision and other eye ailments. This book has been especially designed to provide the lay person a comprehensive guide to how the eyes function and how to take care of them. Some east-to-follow exercises for relaxation of the eye muscles have also been included, which will help readers achieve better eyesight without glasses.

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