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By David Cook

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Pilots have benefited from it.
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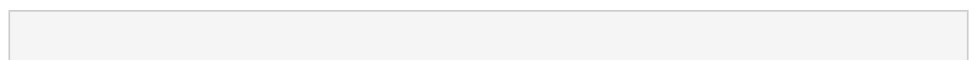
Through trained behavioral optometrist David Cook's simple exercises and tests, the productive 7-minute-a-day program outlined in this breakthrough book works as a personal trainer for improving the brain-to-eye connection necessary to help poor eyesight sufferers to see deeper, longer, smaller, faster, to absorb more information, and to achieve a whole new outlook on life.

THIS BOOK HELPS ELIMINATE:

- € "internet eyes"
- € mental fatigue
- € double vision
- € blurriness
- € physical exhaustion
- € poor hand-to-eye coordination
- € and headaches

AND IMPROVE:

- € peripheral and night vision
- € driving ability
- € athletics
- € dexterity
- € coordination
- € endurance
- € sleeping habits
- € and confidence



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Judith krantz lovers By David Cook Bibliography

- Sales Rank: #1219774 in Books
- Brand: Berkley Trade
- Published on: 2004-02-03
- Released on: 2004-02-03
- Original language: English
- Number of items: 1

- Dimensions: 8.96" h x .61" w x 6.08" l, .0 pounds
- Binding: Paperback
- 240 pages

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Editorial Review

About the Author

David Cook, O.D. is a nationally recognized speaker, writer, and leader in the field of optometry. Over the past twenty five years, he has helped thousands in his practice as a visual fitness trainer/behavioral optometrist.

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