



# Eight Correct, Relaxed Vision Habits - A Quick Course in Natural Eyesight Improvement

*Clark Night, William H. Bates*



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Practice the 8 Natural Vision Functions - 'Relaxed, Easy Correct Vision Habits, Imitation of the Normal Visual System-Eye Function'.

Practice to return the eyes-vision back to correct function, the natural state of the eyes, vision that was present before tension, strain, incorrect use of the vision and unclear vision occurred.

With a little practice - the eyes, visual system maintain normal function, eyesight remains clear.

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+Natural Eyesight Improvement Training in color, all pictures, treatments, links on the website and additional pictures, training, activities added to the book. Less reading: Easy to learn steps & read the directions printed on the pictures for fast vision improvement.

+Better Eyesight Magazine by Ophthalmologist William H. Bates (Unedited, full set: 132 Magazines-July, 1919 to June, 1930.) Illustrated with 500 pictures and additional, up to date Modern Training.

+Better Eyesight Magazine by Ophthalmologist William H. Bates Photo copy of all Original Antique Magazine Pages (Unedited, full set: 132 Magazines - July, 1919 to June, 1930.)

Learn Natural Eyesight Improvement Treatments directly from the Original Eye Doctor!

+The Cure of Imperfect Sight by Treatment Without Glasses by Dr. Bates (photo copy of the Original book pages) with Pictures

+Medical Articles by Dr. Bates – with Pictures

+Stories From The Clinic by Emily C. Lierman/Bates

+Use Your Own Eyes by Dr. William B. MacCracken

+Normal Sight Without Glasses by Dr. William B. MacCracken

+Strengthening The eyes by Bernarr MacFadden – with Pictures

+Videos page: Links to Natural Eyesight Improvement Videos: YouTube and on the website.

+EFT Training Booklet

+Seeing, Reading Fine Print Clear Booklet - with Videos.

+All books on William H. Bates Authors page;

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+Eyecharts - 12 Large, Small and Fine Print Charts for Close and Distant Vision, White and Black Letter Charts, Astigmatism removal.

+Audio Lessons in Every Chapter

Video links on chapter pages; click the link to watch a video, learn a treatment, activity quick and easy.

See the 'William H. Bates, Author's Page', for Video of internal book pages, full description of the Paperback, Kindle and 20 free E-books.

100 YouTube videos; <https://www.youtube.com/user/ClarkClydeNight/videos?flow=grid&view=0>

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