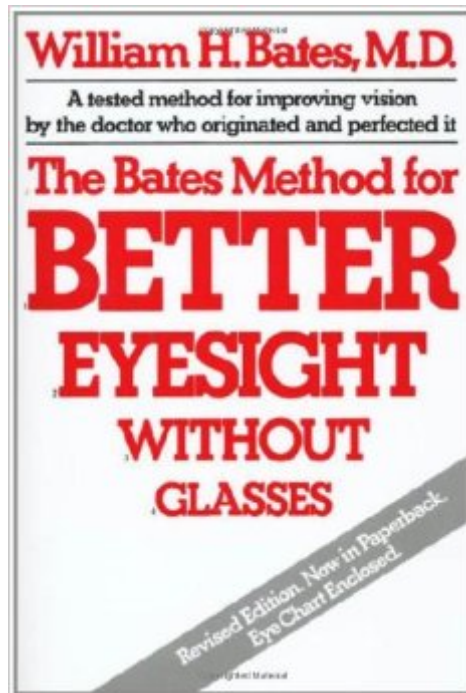


The book was found

# The Bates Method For Better Eyesight Without Glasses



## Synopsis

This book provides Dr. Bates's time-honored program, which has helped hundreds of thousands of people triumph over normal defects of vision without the aid of eyeglasses.

## Book Information

Paperback: 208 pages

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ISBN-10: 0805002413

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Product Dimensions: 5.5 x 0.7 x 8.2 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars [See all reviews](#) (144 customer reviews)

Best Sellers Rank: #21,079 in Books (See Top 100 in Books) [#3 in Books > Science & Math > Physics > Optics](#) [#3 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Eye Problems](#) [#508 in Books > Health, Fitness & Dieting > Alternative Medicine](#)

## Customer Reviews

I was around 15 years living in India at that time with a -5.0 diopters prescription in both eyes in 1978. My father had bought this book from the store in India-an Indian reprint of the same book. I was wearing soft contact lenses at that time because it could prevent further progression of myopia and for cosmetic reasons because I was young. I have read the book from cover to cover and did whatever simple exercises I could like reading the book without glasses or bouncing a ball and focusing the movement. The hope in it became really real in 1980 when I was accompanied by my parents to one of the centers in Southern India's Aurobindo Ashram in Pondicherry which was propagating the Bates technique. There were people coming there year after year to have their techniques reinforced AND removing glasses. The center was accepting voluntary donations to run it. In the floor of that house they had all the things that were needed and mentioned in Dr. Bates book. One had to spend about 1.5 hours there to use everything that was in the facility with instructors to help. Since Pondicherry was a city on the beach, many people took their vacations to come there. My own experience: within merely four days, I could read the very last line on the Snellen chart which was a -2.5 diopter reduction. On returning I had to change my contact lenses to the decreased refraction. However, if one does not maintain the exercises, we go back to our old habits of reading faultily by habit and it goes back to where we started again. The benefits are

usually immediate and then it is known to plateau before coming down again. The easiest way to incorporate the technique is to play tennis or ping pong without glasses which I have also done and then rest the eyes.

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