



# **The 15 Minute Focus: NEAR VISION: Exercises To Help You See Better Up Close (The 15 Minute Fix Book 11)**

*John Parker*

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Are you having trouble reading books, labels, your phone, or anything else that has small type?

Do you simply want to improve your eyesight or maybe avoid using glasses?

If so, The 15 Minute Focus: NEAR VISION is here to help. These exercises, excerpted from The 15 Minute Fix: VISION, will teach you to use eye exercises to improve your close range vision, reduce eye strain, and help your brain better interpret the information sent to it by the eyes.

The 15 Minute Fix series offers readers programs to combat the effects of aging, to reduce stress, to improve cognitive function, and to otherwise promote a youthful mind, body, and soul. The 15 Minute Fix follows the tradition of innovative exercise programs such as Tim Ferriss's 4-Hour Body and Tony Horton's P90X series.

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