



Improve Your Eyesight: A Guide to the Bates Method for Better Eyesight Without Glasses

By Jonathan Barnes

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By working on the Bates method exercises illustrated in this book at home for half an hour a day and applying some simple techniques in everyday life, most people have at least a 75 percent chance of achieving partial or complete success in restoring their vision. The Bates method of eyesight improvement is nonsurgical, completely safe, and quite effective. This simple and practical guide to using the Bates method addresses all the common faults of vision—nearsightedness, farsightedness, astigmatism, and “old age” sight.

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Editorial Review

About the Author

Jonathan Barnes' own poor eyesight, combined with his biologist's curiosity and his frustration at previously published accounts of the Bates method, caused him to write this book.

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