



# Occhi Sani e Vista Perfetta Senza Occhiali (Italian Edition)

*R.a. Richardson*

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## **Occhi Sani e Vista Perfetta Senza Occhiali (Italian Edition)** R.a. Richardson

Questo prezioso Manuale, scritto da un famoso Oculista americano, è rivolto sia alle persone affette da problemi di vista come miopia, ipermetropia ed astigmatismo, sia a coloro che godono di un ottima vista, per mantenerla sana fino a tarda età. In questo prezioso libro vengono spiegati metodi efficaci per ottimizzare il funzionamento degli occhi. Il Dott. Richardson, Oculista americano, ci spiega come l'allenamento dei muscoli oculari sia di enorme beneficio per il miglioramento ed il mantenimento della vista. La lettura di questo Manuale rappresenta un piccolo/grande investimento per la salute dei propri occhi e di quelli dei propri familiari.

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