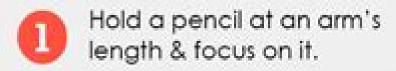
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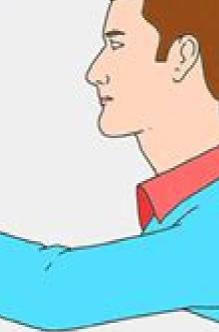
METHOD 1



Slowly bring it closer to your nose.

Move it farther from your vision until you can no longer keep it in focus.

Repeat about 10 times a day.





How I Gained My Vision

Emilie Sanchez



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