

# Eye Exercises

to improve **EYESIGHT**

## METHOD 1

- 1** Hold a pencil at an arm's length & focus on it.
- 2** Slowly bring it closer to your nose.
- 3** Move it farther from your vision until you can no longer keep it in focus.
- 4** Repeat about 10 times a day.



# How I Gained My Vision

**Albert A Gayle**



## **How I Gained My Vision:**

## **How I Gained My Vision** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the power of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **How I Gained My Vision**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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