

**CARRY THIS CARD
WITH YOU TO PRACTICE**

The Read Without Glasses Method™

To make maps, menus and
phonebooks easier to read,
practice Part 1, Step 4* (instead
of reaching for glasses):

- Breathe and blink;
- Bring the card closer as you
hold the image of 3-D;
- Be patient and don't judge;
- Relax and Enjoy!

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***WATCH THE ENTIRE *READ WITHOUT GLASSES
METHOD* TO LEARN TO USE THIS CHART.**

Relax to
clear this print
Let the clear
image by itself. Breathe and
blink. Relax your feet,
legs, pelvis, stomach,
hands, shoulders, neck,
jaw, and eyes. Try rapid and
slow blinks. This new way to focus
will become stronger and more automatic.
Eventually You will see clearly without converging
using The Read Without Glasses Method™.

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