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Robert A Kraskin

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Robert A Kraskin : You can improve your vision before purchasing it in order to gage whether or not it would be worth my time, and all praised You can improve your vision:

0 of 1 people found the following review helpful. The exercises do not improve visionBy Steven AkersThe eye exercises that Mr. Kraskin outlines in his book do not improve your vision. I tried it for six months, with the balancing board and the notecard on the wall. It may improve eye coordination and help strengthen eye muscles, but it does not improve eyesight. There was not one bit of change in my vision as a result of his exercises. Mr. Kraskin may have been well intentioned with this book, but he is dead wrong. Do not buy this book.