



High Performance Vision: How to Improve Your Visual Acuity, Hone Your Motor Skills & Up Your Game

Donald S. Teig Dr.

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Beyond physical superiority, mental stamina, and smart play, most of the world's best athletes possess another specific advantage that gives them an edge. We're not talking about performance-enhancing drugs or blood doping, but something a lot more natural?good vision. Being able to follow a fastball as it flies over home plate, judge the shooting distance to a basketball hoop, or leap in the air to catch that spiraling football at just the right moment all depend on good eyesight. And maximizing one's vision can make all the difference between a good player and a *great* one. While wearing corrective lenses is certainly one way to sharpen visual acuity, it isn't the only one. In his new book, *High Performance Vision*, sports-vision specialist Dr. Donald Teig, shares his highly successful approach to visual enhancement.

During his work with professional athletes over the past forty years, Dr. Teig developed a series of visual and visual-motor performance tests to determine the strengths and weaknesses of their eyesight. After establishing an initial baseline of test results, the athletes were given specific exercises designed to improve their visual skills. He then tested them again and measured the results against the baseline. With each succession of exercises, their sight and motor coordination improved, as did their performance on the playing field. In *High Performance Vision*, Dr. Teig details his unique approach and offers his highly effective exercise regimen for improving your own vision.

If you've been looking for safe, natural way to improve your game, *High Performance Vision* offers the perfect solution. In a clear and reader-friendly style, it shows you how to gain the edge that many pros have used for years.

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Kathleen Young:

Why? Because this High Performance Vision: How to Improve Your Visual Acuity, Hone Your Motor Skills & Up Your Game is an unordinary book that the inside of the book waiting for you to snap it but latter it will surprise you with the secret it inside. Reading this book next to it was fantastic author who write the book in such awesome way makes the content interior easier to understand, entertaining technique but still convey the meaning entirely. So , it is good for you because of not hesitating having this any longer or you going to regret it. This phenomenal book will give you a lot of rewards than the other book include such as help improving your talent and your critical thinking method. So , still want to hesitate having that book? If I have been you I will go to the reserve store hurriedly.

Brandon Macdonald:

Playing with family in a very park, coming to see the water world or hanging out with pals is thing that usually you will have done when you have spare time, subsequently why you don't try thing that really opposite from that. Just one activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love High Performance Vision: How to Improve Your Visual Acuity, Hone Your Motor Skills & Up Your Game, you may enjoy both. It is great combination right, you still need to miss it? What kind of hangout type is it? Oh can occur its mind hangout men. What? Still don't obtain it, oh come on its identified as reading friends.

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