



Jevgeni Tkatsenko

# 9 STEPS FOR PERFECT VISION

How to improve vision  
in 7 days (9 exercises)

Jevgeni Tkatsenko

**9 steps for perfect vision.  
How to improve vision  
in 7 days (9 exercises)**

«Издательские решения»

**Tkatsenko J.**

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You hold a sensational book in your hands, the author of which independently got rid of myopia, without resorting to expensive means and tedious exercises. The technique developed by him is based on the habitual movement — blinking and is the shortest way to restore vision, since it takes only 7 days!

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## Содержание

Was it easy?	7
Exercise number 1. “Gleam”	8
Конец ознакомительного фрагмента.	9

# **9 steps for perfect vision**

## **How to improve vision in 7 days (9 exercises)**

**Jevgeni Tkatsenko**

*“My classes gave an incredible, really wonderful result. The result, allowing you to do without glasses in any situation, anywhere and anytime!”.*  
*Jevgeni Tkatsenko, author*

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### *Description*

*You hold a sensational book in your hands, the author of which independently got rid of myopia, without resorting to expensive means and tedious exercises. The technique developed by him is based on the habitual movement – blinking and is the shortest way to restore vision, since it takes only 7 days!*

*The system will help everyone who has any problems with vision, it is absolutely harmless and easy to perform. In addition, the book is written in a light, entertaining form and charges with a positive attitude, with which all difficulties are easily solved*

### **REVIEWS**



**Andre Teren**

*I started the training described in the book with great doubt about the success, but the result was not in seven, but in three days! Super!!! Everything really works! Down with glasses! I recommend to all!!!*



**Vask Marian**

*The experience of a real person is what is important, not pseudo-lectures and teachings*



**Anatoli Smelov**

*Cool exercises! The truth is helped. Only need focus and a desire to improve vision. All good luck!*



Simple eye movements, such as blinking and swinging from side to side, brought an eye-popping result. I realized that I did it! Without the help of doctors, senior mentors, technical aids and magical spells. I did it! I myself groped for the path to my own insight, went through it and enjoyed the result.

## Was it easy?

Probably now I can already say that yes. It was easy. Blink and “shoot” eyes for a week will, perhaps, that everyone. Was it difficult? Also yes.

Overpower yourself, overcome the “knowledge” of the fact that it is “impossible” to break through the wall of your own doubts.

Yes, it was difficult. Perhaps that is so. *Attention! All exercises must be done in a relaxed, maximum comfortable state. Strongly avoid eye strain!*

## **Exercise number 1. “Gleam”**

Exercise “Gleam” is a mandatory initial exercise of the course and serves to adjust the “acute” view, as well as increase the time of stay in this mode to two or three seconds. (After achieving these results, you can proceed to the following exercises of the complex.)

The exercise is as follows. In the open space (that is, outside the premises), in the daytime, we select an object for classes. It is most convenient to use for this purpose any well-readable inscription, since a clear font has a contrasting border and easily differentiates the picture into “readable” and “unreadable”.

Selecting an object, we move away from it for a distance exceeding the distance of free readability of the inscription of one or two meters. That is, we get up so that the image is blurred exactly so that it can not be readable, but it appeared for a short time from the short-sighted haze after each blink. After that, we start blinking, looking at the tablet and focusing our attention on the glimmer that appears after each blink. We try to read the inscription at the moment of such a glimpse. After the glimpse of the “sharp” view disappeared, and the picture became misty, we blinked again and again we tried to read the inscription. And so on. Exercise can be performed within an hour, while the objects can be changed for a variety.



## **Конец ознакомительного фрагмента.**

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