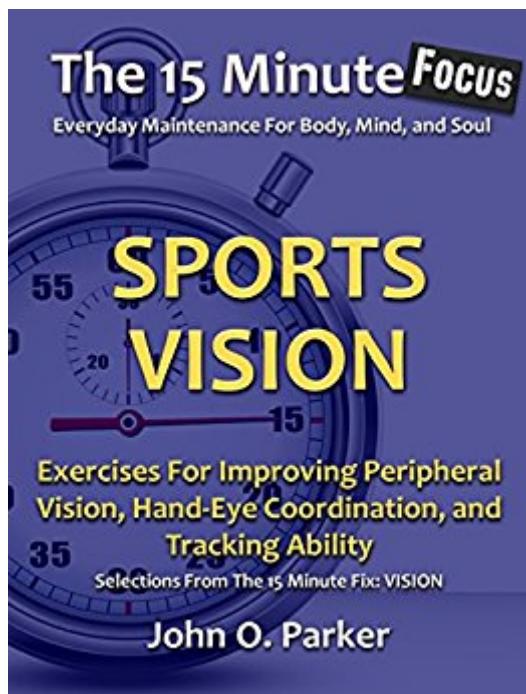


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# The 15 Minute Focus: SPORTS VISION: Exercises For Improving Peripheral Vision, Hand-Eye Coordination, And Tracking Ability (The 15 Minute Fix Book 14)



## Synopsis

Do you want to be able to hit or catch the ball better? Are you looking to improve your ability to take in all of the action on the field or court? Do you move at a fast enough speed that you would perform better and be safer if you could improve your range of vision and response time? Maybe you just want to drive more safely, improve your balance, and feel more aware of what is going on around you? If so, The 15 Minute Fix: SPORTS VISION is here to help. Whether you are seeking to perform better athletically or just trying to stay safe and enjoy life, this book will teach you to use selected eye exercises from The 15 Minute Fix: VISION to improve your peripheral vision, hone your hand-eye coordination, sharpen your tracking ability, and help your brain better interpret the information sent to it by the eyes. The 15 Minute Fix series offers readers programs to combat the effects of aging, to reduce stress, to improve cognitive function, and to otherwise promote a youthful mind, body, and soul. The 15 Minute Fix follows the tradition of innovative exercise programs such as Tim Ferriss's 4-Hour Body and Tony Horton's P90X series.

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