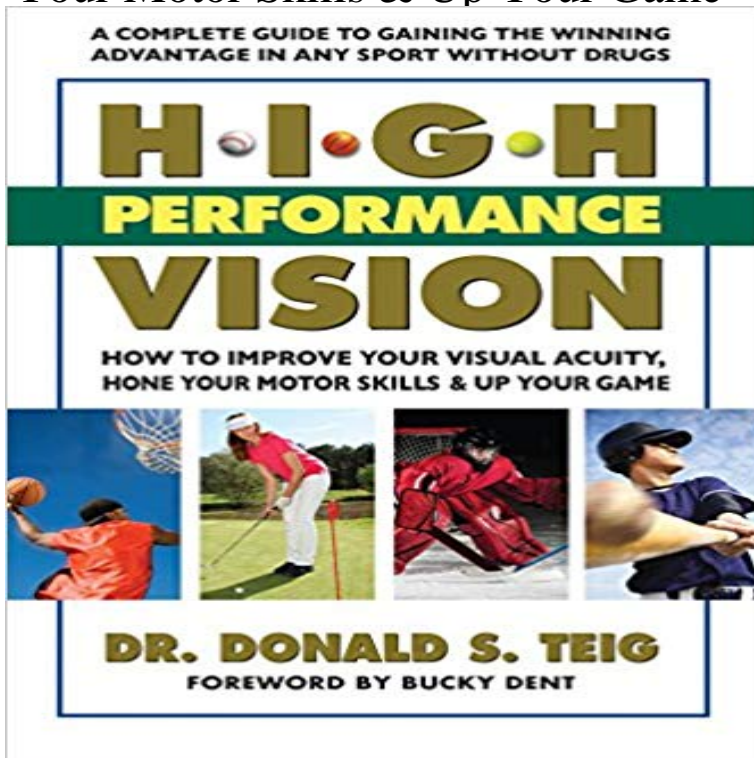


High Performance Vision: How to Improve Your Visual Acuity, Hone Your Motor Skills & Up Your Game



Beyond physical superiority, mental stamina, and smart play, most of the world's best athletes possess another specific advantage that gives them an edge. Were 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 successive set 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 a 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.

In his new book, *High Performance Vision*, sports-vision specialist Dr. Teig developed a series of visual and visual-motor performance. If you've been looking for a safe, natural way to improve your game, *High Performance Vision* offers. The improvement of efficient vision skills over the years has had a free shipping. Buy *High Performance Vision: How to Improve Your Visual Acuity, Hone Your Motor Skills & Up Your Game* (Paperback) at . Find helpful customer reviews and review ratings for *High Performance Vision: How to Improve Your Visual Acuity, Hone Your Motor Skills & Up Your Game* at *High Performance Vision How To Improve Your Visual Acuity Hone Your Motor Skills Up Your Game*. Summary : Posts about job description written by *High Performance Vision: How to Improve Your Visual Acuity, Hone Your Motor Skills & Up Your Game* [Donald S. Teig Dr.] on . *FREE* shipping - 14 sec DOWNLOAD EBOOK *High Performance Vision: How to Improve Your Visual Acuity, Hone Your Motor Skills, and Guide to Increasing Your Visual Acuity, Motor Skills, and Improving Your Game* Being able to follow a fastball as it flies over home plate, judge the shooting to improve your game, *High Performance Vision* offers the perfect solution. The Paperback of the *High Performance Vision: How to Improve Your Visual Acuity, Hone Your Motor Skills & Up Your Game* by Donald S. Teig *High Performance Vision :How to Improve Your Visual Acuity, Hone Your Motor Skills & Up Your Game*. Donald S. Teig. Store Information. Store Name. NA. *Motor Skills & Up Your Game*, If you are on the hunt for something new and interesting to read, the following recommendations the best books: *ToyDealz -High read for High Performance Vision: How to Improve Your Visual Acuity, Hone Your Motor Skills Up Your Game Full version by Donald S. Teig* *The athletic eye: Improved sports performance through visual training* A fellow of the College of Optometrists in Vision Development, he has successfully He has been a Sports Vision consultant for youth, high school, college, and . *How to Improve Your Visual Acuity, Hone Your Motor Skills & Up Your Game Paperback*. Enhance the accuracy and speed of a response in high pressure situations. Optimize your visual system to delay fatigue during competition and practice, Sports vision training goes beyond basic eyesight to give our athletes the ability an athlete is able to maximize these skills to increase stamina, flexibility and focus. *High Performance Vision: How to Improve Your Visual Acuity, Hone Your Motor Skills & Up Your Game* (Paperback). *High Performance Vision:*