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Leo Angart

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Leo Angart is a business consultant, author and trainer. Having worn glasses for more than 25 years he writes from personal experience. It has now been more than 19 years since he threw away his glasses. In this follow up to *Improve Your Eyesight Naturally*, Leo concentrates on curing presbyopia, the inability to focus on near objects. He explains what presbyopia is and how you can tone your eye muscles, release tension and build up energy in order to regain your natural eyesight. Vision Training is based on the presupposition that clear vision is a natural state and you can achieve natural clear vision via simple exercises.

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