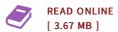




Eye Strain: Causes, Symptoms, Treatment, and Conditions

By Frederick Earlstain

NRB Publishing, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ****** Print on Demand ******. In the digital age, with our ever-present smartphones, tablets, game consoles, laptops, desktop computers, and even smart television sets, eye strain - or computer vision syndrome - is more common than ever. Experts tell us that it only takes 2 hours looking at a screen of any kind to put ourselves at risk for eye strain, yet that minimal amount of time is just a drop in a veritable bucket of every day, 21st century screen time. Thankfully, eye strain is not a serious condition, nor is it unavoidable. By taking the time to learn more about the anatomy of the eye, how the structure processes light, and what happens to create eye strain, we can easily manage and overcome its negative effects. With simple, actionable advice to control work space lighting, maintain screens for optimal viewing, and even simply blinking more times an hour, this guide to coping with eye strain can help you work more efficiently while protecting the health of your eyes. Don t fall prey to the myths that abound about what and...



Reviews

A very amazing ebook with lucid and perfect answers. it was actually writtern quite flawlessly and useful. Its been written in an exceedingly basic way and it is simply right after i finished reading this publication in which basically changed me, change the way i really believe.

-- Garett Stanton

This book is definitely not easy to get going on reading through but extremely exciting to see. I am quite late in start reading this one, but better then never. I am pleased to explain how here is the finest book i actually have read inside my individual daily life and may be he best book for ever.

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