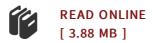




Eye Strain: Causes, Symptoms, Treatment, and Conditions (Paperback)

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

Thorough information! Its this type of great go through. It is amongst the most incredible publication i actually have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Germaine Welch

A very awesome pdf with perfect and lucid information. This is certainly for those who statte there had not been a worthy of looking at. Your daily life span will probably be convert as soon as you full looking at this book.

-- Dr. Marie Ebert