

50 Tips To Improve Your Sports Performance

By Dr. Lynn F. Hellerstein



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Do It! 50 Tips to Improve Your Sports Performance (2013) (COVD), Dr. Hellerstein is an adjunct faculty member at five schools of optometry.

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About Lynn F. Hellerstein: A pioneer in vision therapy and developmental optometry, for more than 30 years Dr. Hellerstein,

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