

50 Tips To Improve Your Sports Performance

By Dr. Lynn F. Hellerstein



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

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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