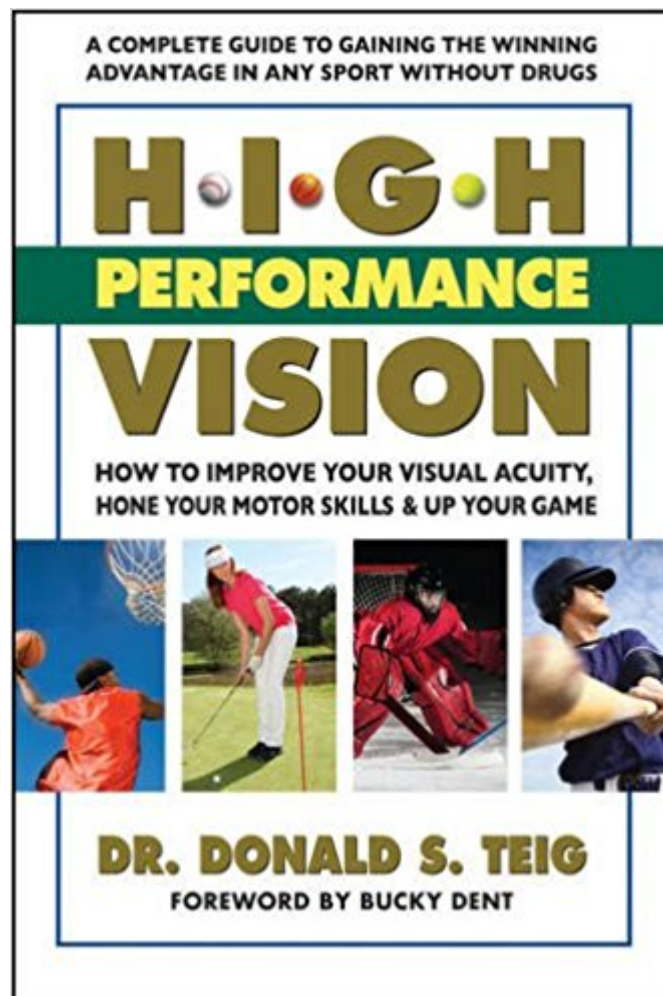




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# High Performance Vision: How To Improve Your Visual Acuity, Hone Your Motor Skills & Up Your Game



## Synopsis

Beyond physical superiority, mental stamina, and smart play, most of the world's best athletes possess another specific advantage that gives them an edge. We're not talking about performance-enhancing drugs or blood doping, but something a lot more natural – good vision. Being able to follow a fastball as it flies over home plate, judge the shooting distance to a basketball hoop, or leap in the air to catch that spiraling football at just the right moment all depend on good eyesight. And maximizing one's vision can make all the difference between a good player and a great one. While wearing corrective lenses is certainly one way to sharpen visual acuity, it isn't the only one. In his new book, *High Performance Vision*, sports-vision specialist Dr. Donald Teig, shares his highly successful approach to visual enhancement. During his work with professional athletes over the past forty years, Dr. Teig developed a series of visual and visual-motor performance tests to determine the strengths and weaknesses of their eyesight. After establishing an initial baseline of test results, the athletes were given specific exercises designed to improve their visual skills. He then tested them again and measured the results against the baseline. With each succession of exercises, their sight and motor coordination improved, as did their performance on the playing field. In *High Performance Vision*, Dr. Teig details his unique approach and offers his highly effective exercise regimen for improving your own vision. If you've been looking for a safe, natural way to improve your game, *High Performance Vision* offers the perfect solution. In a clear and reader-friendly style, it shows you how to gain the edge that many pros have used for years.

## Book Information

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## Customer Reviews

"Dr. Don Teig's program proves the philosophy that you need to be visually fit, not just physically fit, if you want to gain a competitive edge. The information discussed throughout these pages will put you on track to improve your game if you take the time and effort to make these drills part of your training routine. I really appreciate Don's skill and technological knowledge, as well as his sincere commitment to keeping the eyes healthy. I am confident this book will help you in your quest for excellence." (Executive Vice President of Baseball Operations, MLB Joe Torre)

"Maximizing my vision and my approach to visualizing success as a goaltender was always a high priority in my career. Dr. Teig is the recognized pioneer in this field. His knowledge and approach to training my eyes helped me to achieve my goals as a professional athlete." (John Vanbiesbrouck)

"The improvement of efficient vision skills over the years has had a huge impact on major league baseball, especially the hitters. Dr. Teig has been a leader in this technology ever since I was a player in the seventies, when he worked with me to improve my vision skills." (Chris Chambliss)

"Dr. Don Teig's program proves the philosophy that you need to be visually fit, not just physically fit, if you want to gain a competitive edge. The information discussed throughout these pages will put you on track to improve your game if you take the time and effort to make these drills part of your training routine. I really appreciate Don's skill and technological knowledge, as well as his sincere commitment to keeping the eyes healthy. I am confident this book will help you in your quest for excellence." (Paula Creamer)

"Every professional team or athlete is in a constant search to improve performance. Sports vision is a vital avenue in this search. Don Teig has been passionate about the relationship between vision and performance for forty years. He has worked with many different athletes in various sports. This book will help anyone looking for that edge." (Head Athletic Trainer, New York Yankees Steve Donohue)

"This book is a must-read for any professional in the field of player improvement. Dr. Teig is a visionary and pioneer in the discipline of vision and neuromuscular testing and training. The future of athletic development will be in the hands of the vision-training coach as much as the strength and fitness coach. This is truly cutting edge for the amateur or professional athlete." (Former NY Knicks Head Medical Trainer Mike Saunders)

"After decades of working with athletes, from Little Leaguers to professionals, [Dr.] Teig now shares his knowledge and experience in a guide focused on vision . . . covers the biological basics of vision in easily comprehensible terms, complete with detailed diagrams, questionnaires, and charts brimming with information . . . Teig is meticulous in his instructions; each graphic reinforces the information clearly detailed in the text . . . a mandatory textbook for anyone who participates in or coaches a sport." (Publishers Weekly (starred review))

Dr. Donald S. Teig, OD, FAAO, received his BA in psychology from the University of Buffalo, and his BS and OD from the Pennsylvania College of Optometry. He has served as vision consultant to many professional sports teams in areas including baseball, football, and hockey, and is past president of the International Academy of Sports Vision, prior chairman of the Sports Vision Section of the American Optometric Association, and former director of the Institute for Sports Vision. Dr. Teig is also the founder and director of a national team of sports medicine experts known as "The A Team" High Performance Vision Associates. • Beginning over forty years ago, Dr. Teig pioneered work in sports vision and visual-motor performance training with major league baseball. Subsequently, Dr. Teig and his associates have worked with over fifteen major league baseball clubs, pro golf and tennis tours, several NBA basketball clubs, many Olympic teams, professional football and hockey teams, and dancers of the Joffrey Ballet. Dr. Teig has written numerous articles on the relationship of vision to improved athletic performance. He has lectured throughout the world on this topic, and has developed much of the equipment and techniques being used in the field today. As a sports-vision specialist, Dr. Teig has appeared on several network television and radio programs, including featured segments of The Today Show, Dateline NBC, ESPN Sports Center, The View, and programs on HBO. He has also contributed to sports segments on New York's all-sports radio station, WFAN, earning him the nickname "Doctor Jock."

As a practicing optometrist always looking for a way to deliver more to my patients and my community, this book opened up a world of opportunities Dr. Teig is well known in our profession for being the expert on this type of care. He has literally "written the book" on the subject..

Great book with very structured approach to the material. This is is an area that really can make the difference in any athletes performance.

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