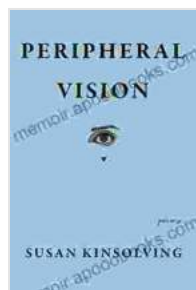


Peripheral Vision: A Journey into the Unseen by Felix Mitterer

We all have a peripheral vision, but most of us don't know how to use it. Peripheral vision is the ability to see things that are not directly in front of us. It's a skill that can be learned and developed, and it can be incredibly useful in both our personal and professional lives.



Peripheral Vision by Felix Mitterer

★★★★★ 5 out of 5

Language	: English
File size	: 614 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 80 pages
Paperback	: 80 pages
Item Weight	: 15.8 ounces
Dimensions	: 5.25 x 0.25 x 8.25 inches



In his book *Peripheral Vision*, Felix Mitterer explores the unseen world around us. He shows us how to use our peripheral vision to see things that we would otherwise miss. He also shows us how to use our peripheral vision to improve our awareness of our surroundings and to make better decisions.

Mitterer's book is a journey into the subconscious, the mystical, and the unknown. It is a book that will open your eyes to the world around you and change the way you see it forever.

The Benefits of Peripheral Vision

There are many benefits to developing your peripheral vision. Here are a few:

- **Improved awareness of your surroundings.** When you can see things that are not directly in front of you, you are more aware of your surroundings. This can help you to avoid accidents, make better decisions, and be more productive.
- **Enhanced focus and concentration.** When you can focus on something without being distracted by your surroundings, you are more likely to be productive and successful. Peripheral vision can help you to stay focused on the task at hand and to avoid distractions.
- **Reduced stress and anxiety.** When you are aware of your surroundings, you are less likely to feel stressed or anxious. Peripheral vision can help you to relax and to feel more at ease in your environment.
- **Improved athletic performance.** Peripheral vision is essential for athletes. It allows them to see the field, the ball, and their opponents without having to turn their heads. This can give them a significant advantage over their opponents.

How to Develop Your Peripheral Vision

There are a few simple exercises that you can do to develop your peripheral vision. Here are a few:

- **The Pointer Exercise:** Hold a pen or pencil in front of you and focus on it. Slowly move the pen or pencil to the side until it is just out of your

direct line of sight. Hold the pen or pencil there for a few seconds and then slowly bring it back to the center. Repeat this exercise several times.

- **The Clock Exercise:** Sit in a chair and look at a clock on the wall. Focus on the 12 o'clock position. Slowly move your eyes to the 3 o'clock position and then to the 6 o'clock position. Continue moving your eyes around the clock, focusing on each number as you pass it. Repeat this exercise several times.
- **The Peripheral Vision Awareness Exercise:** Sit in a chair and relax your body. Close your eyes and take a few deep breaths. When you are relaxed, open your eyes and focus on a point in front of you. Slowly widen your focus until you can see everything that is around you. Hold your focus for a few seconds and then slowly narrow your focus back to the point in front of you. Repeat this exercise several times.

Peripheral vision is a powerful tool that can help us to live more aware, productive, and successful lives. By developing our peripheral vision, we can see more of the world around us and make better decisions. We can also reduce stress and anxiety, improve our athletic performance, and enhance our focus and concentration.

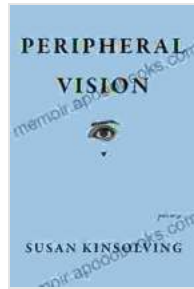
If you are interested in learning more about peripheral vision, I encourage you to read Felix Mitterer's book *Peripheral Vision*. It is a fascinating and informative book that will change the way you see the world.

Peripheral Vision by Felix Mitterer

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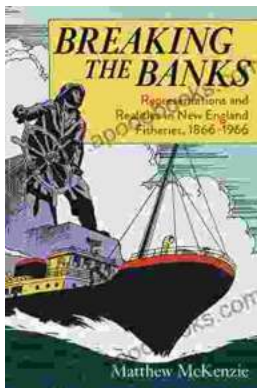
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