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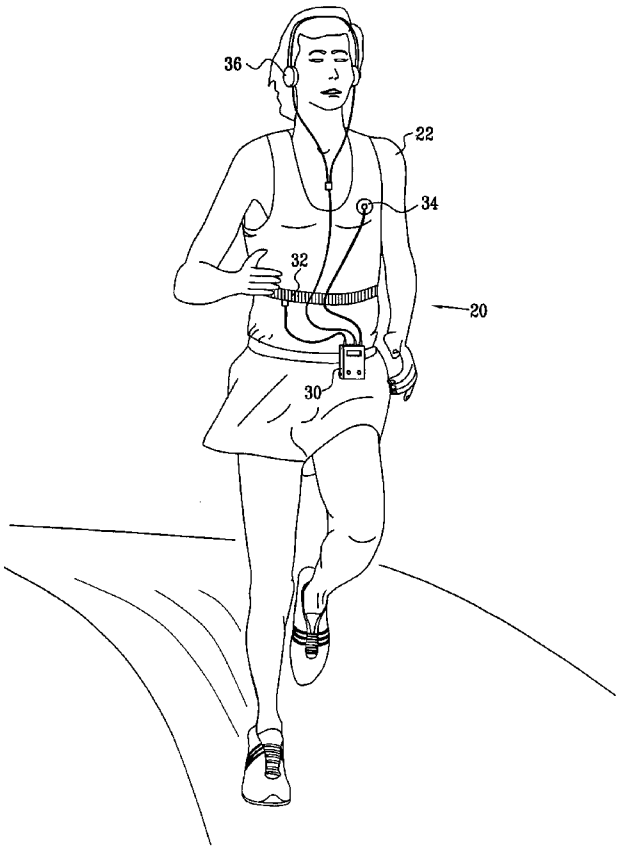
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*[Continued on next page]*

(54) Title: APPARATUS AND METHOD FOR BENEFICIAL MODIFICATION OF BIORHYTHMIC ACTIVITY




(57) Abstract: Apparatus (20) is provided, including a sensor (32), adapted to generate a sensor signal indicative of biorhythmic activity of a user (22) of the apparatus, the sensor signal having a first characteristic, indicative of a voluntary action of the user, and a second characteristic, indicative of a benefit-related variable of the user. The apparatus also includes a control unit (30), adapted to receive the sensor signal, and, responsive to the second characteristic, generate an output signal which directs the user to modify a parameter of the voluntary action indicated by the first characteristic.

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