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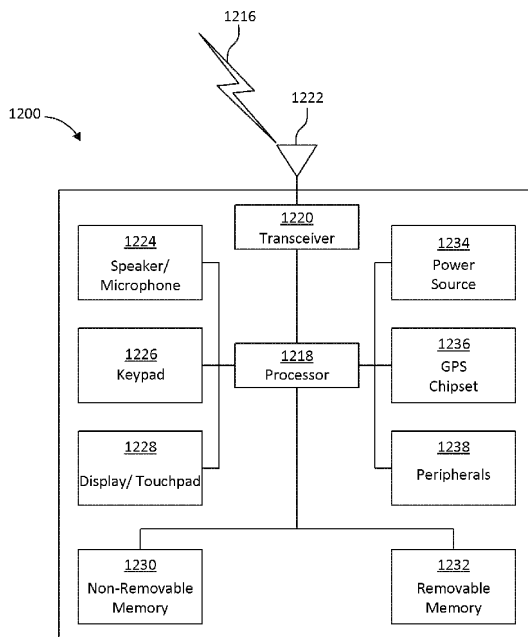
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(54) Title: METHOD AND APPARATUS FOR ENHANCING PERFORMANCE



(57) Abstract: Methods and apparatuses are described herein for enhancing performance of a user. For example, an apparatus may generate one or more performance enhancing instructions that cause, based on the user's performance of the performance enhancing instructions, at least one physiological changes in the user's physiological mechanism to cope with at least one of anxiety or stress. The at least one physiological changes may include at least one of dopamine secretion induction, oxytocin secretion induction, cortisol level reduction, melatonin secretion induction, or synapsing promotion. The apparatus may then provide the user the one or more performance enhancing instructions via the apparatus. The one or more performance enhancing instructions may comprise a first/second concentration enhancing digital instruction, an anxiety/stress reducing digital instruction, and a coordination & agility enhancing digital instruction.

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