

Wearable Intelligence: Survey Of AI And AR- Enabled Smart Glasses For Assistive Technologies

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Abstract-

AI-powered AR smart glasses have revolutionized wearable technology by integrating artificial intelligence, augmented reality, and health monitoring. Photoplethysmography (PPG) sensors provide real-time, accurate heart rate and SpO₂ metrics, while minimizing motion interference. AI algorithms enable predictive analytics, delivering timely health alerts for anomalies, such as arrhythmias or low oxygen levels. The AR interface offers hands-free notifications and navigation cues directly within the user's field of vision, complemented by voice-assisted navigation powered by computer vision, for obstacle detection and spatial awareness. Bone conduction speakers maintain sound awareness and enhance safety and accessibility, particularly for visually impaired users. By integrating cost-effective hardware, energy efficiency, and open-source software, these glasses promote inclusivity, innovation, and practicality in everyday interactions.

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I. Introduction

The convergence of artificial intelligence (AI), augmented reality (AR), and wearable technologies is fundamentally transforming human-environment interactions[1]. While smartwatches and fitness trackers address health monitoring demands, methodological rigor reveals persistent limitations in accuracy and immersive capacity[2]. AR-enabled smart glasses demonstrate transformative potential across sectors, though prohibitive costs and constrained accessibility currently hinder widespread adoption[3]. The seminal study 'Smart Glass for Visually Impaired People' by Dr. Kavya A P et al., published in (2024), extends this domain through integrated health surveillance systems and AI-enhanced assistive functionalities[1].

This investigation seeks to engineer cost-effective smart glasses employing neural networks to synergize biometric tracking, predictive analytics, and spatial computing interfaces. Designed through an inclusive lens, particularly benefiting visually impaired populations, the framework incorporates bone-conduction auditory systems for hazard-free feedback, machine learning navigation algorithms for optimized mobility, voice-activated control protocols, and situational awareness notifications. Such innovations resonate with Pradeep's (2023) theoretical framework advocating customized assistive solutions[2], though diverging through its multimodal integration strategy.

The initiative endears to consolidate resource-efficient architectures combining anticipatory health diagnostics with adaptive support mechanisms. A transformative approach, one prioritizing accessibility. Through collaborative design paradigms, the project aspires to advance healthcare interoperability[3], spatial cognition, and communicative autonomy. This foundational work proposes scalable methodologies for humancentric wearable systems, potentially enabling marginalized populations to achieve heightened environmental agency[4].

A. Problem Statement

Existing wearable devices often fail to address the combined needs of health monitoring, real-time assistance, and accessibility. Wrist-based devices suffer from motion artifacts, compromising data accuracy [1]. Similarly, AR-enabled smart glasses lack health monitoring features and affordability [2]. Visually impaired individuals face additional challenges navigating urban environments independently, necessitating innovative solutions that combine assistive navigation and real-time feedback.

B. Objective Of The Study

The primary objective of this research is to design and develop cost-effective AI-powered smart glasses that seamlessly integrate augmented reality, advanced health monitoring, and assistive navigation features. Specific objectives include:

- Real-time heart rate and SpO₂ monitoring using photoplethysmography (PPG) sensors [3].
- Enhanced accessibility through voice-assisted navigation powered by AI and computer vision.
- AR-based notifications for situational awareness and hands-free interaction.
- Inclusivity by providing visually impaired individuals with navigation support and auditory cues.

- Energy-efficient design for prolonged use and user comfort[4].

C. Scope Of Theresearch

This study focuses on wearable technologies for health monitoring, assistive navigation, and immersive AR experiences. The research explores the integration of AI, AR, and health sensors into smart glasses, aiming to cater to visually impaired individuals and general users who require real-time health tracking and navigation tools. The scope extends to the development of open-source frameworks to promote collaboration and innovation.

D. Relevance And Importance

The proposed AI-powered AR smart glasses have significant societal impact, particularly in healthcare and accessibility. By addressing the needs of visually impaired individuals, this innovation aims to empower users with independence, enhancing their mobility and quality of life[1][4]. The research also contributes to the wearable technology industry by combining affordability, inclusivity, and functionality, fostering adoption among diverse demographics.

E. Brief Review Of Literature

Recent advancements in wearable technology emphasize the integration of biosensors and AR for interactive experiences. For instance, Gao et al[1]. (2024) highlight how biosensors combined with AR enhance scene perception and user engagement. Similarly, studies like those by Seng et al. (2023) focus on AI-driven health monitoring for wearable devices, reducing dependency on cloud computation while offering real-time insights. Research on assistive technologies [3] underscores the importance of combining computer vision and auditory feedback for visually impaired users, aligning with this project's objectives of accessibility and usability.

F. Innovation

This research introduces a unique wearable device that combines AI-driven health analytics, AR interaction, and real-time assistive intelligence into a single platform. Unlike existing solutions, these smart glasses prioritize affordability, accessibility, and power efficiency. By leveraging open-source components and emphasizing inclusivity, the project establishes itself as a pioneering step in wearable technology, particularly for visually impaired individuals who require hands-free navigation and auditory guidance [4].

II. Case Studies And Real- World Applications Of AI- Powered Ar Smart Glasses

Urban Navigation for Visually Impaired Individuals:

A visually impaired individual uses AI- powered AR smart glasses to navigate a crowded urban environment. Equipped with a built-in camera and computer vision algorithms, the glasses identify obstacles, traffic signals, and zebra crossings in real time. For example, while walking through a bustling market, the glasses detect oncoming pedestrians and provide auditory cues via bone-conduction speakers to guide the user safely. The text-to-speech system converts signage, such as shop names or directional arrows, into spoken words, enhancing independence and spatial awareness [1].

Health Monitoring During High-Stress Activities:

An athlete participating in a marathon relies on the smart glasses to monitor heart rate and SpO₂ levels through the integrated photoplethysmography (PPG) sensor. During the race, embedded AI algorithms detect a sudden drop in blood oxygen levels and notify the runner with a visual alert on the AR display[2]. The system also provides actionable recommendations, such as slowing down or hydrating, helping the athlete avoid potential health risks in real time.

Improved Workplace Safety: In a construction site, a worker wears the glasses to stay informed about potential hazards while managing tasks. The device uses AI-powered object recognition to identify nearby heavy machinery and warn the worker of danger zones [2]. At the same time, the health monitoring features track stress levels and heart rate, ensuring the worker's well-being. Real-time health alerts allow supervisors to intervene quickly if anomalies are detected.

Public Transport Assistance for Visually Impaired: Users

While commuting, a visually impaired individual uses the glasses to locate the correct bus or train platform. The camera module analyzes the surroundings to read schedules and identify platform numbers, relaying this information through auditory feedback [4]. In a busy station, the glasses provide real-time instructions on navigating through crowds and locating the boarding area, promoting independence and reducing reliance on external assistance.

Remote Patient Monitoring for Chronic Health Conditions:

For patients with chronic health conditions, the smart glasses serve as a proactive monitoring device. For instance, an individual with a history of arrhythmias wears the glasses throughout the day. The AI algorithms continuously analyze heart rate data and promptly alert the user and their healthcare provider in the event of irregularities. The cloud synchronization feature ensures the patient's data is securely stored and accessible for long-term analysis, enhancing preventive care [2].

III. User-Centric Design Approach

The design of AI-powered AR smart glasses prioritizes user inclusivity and accessibility, guided by feedback from visually impaired individuals[3][4]. Intuitive assistive features such as voice-guided navigation ensure seamless mobility by providing spoken instructions and obstacle alerts[1]. Text-to- speech functionality for signage enables users to comprehend their surroundings effectively, converting visual information into audible cues. Bone-conduction audio technology further enhances user experience by delivering clear audio feedback without obstructing external ambient sounds, maintaining environmental awareness[1]. Each design decision reflects a commitment to inclusivity and practical usability, catering to the diverse needs of users while empowering independence and confidence in navigation.

Ease Of Study

Energy Efficiency and Durability The AI-powered AR smart glasses are designed for prolonged use, utilizing energy-efficient components such as the ESP32 microcontroller and optimized battery management systems [2]. Lightweight sensors and low-power displays ensure minimal energy consumption, while durable materials guarantee the glasses withstand regular wear and tear, catering to long-term usability [2].

Connectivity and User Interface Seamless connectivity is ensured through Bluetooth Low Energy (BLE) and Wi-Fi integration, enabling real-time data transfer between the glasses and a companion mobile application [2]. The user interface is designed to be intuitive, featuring a transparent AR display for notifications and a voice-assisted navigation system that simplifies operation for all users, especially visually impaired individuals [1][3][4].

Design and Comfort The glasses are lightweight, ergonomic, and aesthetically pleasing, with a focus on user comfort during extended wear [1]. Bone- conduction speakers provide audio feedback without obstructing ambient sounds [1], while the compact design ensures portability and ease of use. Adjustable frames and minimal hardware integration enhance the overall comfort and accessibility for users from diverse demographics [3][4].

IV. Technical Details And Innovations

The AI-powered AR smart glasses leverage edge AI processing within the ESP32 microcontroller, ensuring optimal energy efficiency [2], rapid response times, and improved data privacy by minimizing reliance on cloud-based computations. Embedded AI models are trained to detect health anomalies, such as arrhythmias and oxygen desaturation [1], providing timely alerts and actionable insights.

Additionally, the integration of computer vision empowers the glasses to recognize objects and navigate complex environments [1][3][4], offering contextual navigation cues tailored for visually impaired users. Transparent AR displays project vital health and navigational information directly into the user's field of vision, enabling hands-free interaction. Complementing this, bone-conduction speakers[3][4] deliver auditory feedback without compromising environmental sound awareness, enhancing user safety and overall experience.

This innovative combination of technologies ensures the glasses are both functional and user-friendly, setting a benchmark for wearable technology by prioritizing accessibility, efficiency, and real-time feedback.

V. Methodology

Introduction to Methodology: Visionary AR Smart Glasses Empowering the Visually Impaired

The Visionary AR Smart Glasses aim to provide an innovative solution for individuals with visual impairments by leveraging augmented reality (AR), artificial intelligence (AI), and computer vision [1]. These glasses enhance mobility, improve object recognition, and facilitate real-time text-to-speech conversion, allowing users to interact seamlessly with their surroundings [1].

This research follows a user-centered methodology, ensuring that the design and development process aligns with the specific needs of visually impaired individuals [1][3][4]. The methodology involves systematic problem identification, technological integration, AI model selection, and extensive validation trials to ensure efficiency and usability.

Key components of this methodology include:

- User Needs Assessment and Data Collection – Conducting surveys and interviews with visually impaired

individuals to identify challenges in navigation, text reading, and environmental awareness [3][4].

- System Architecture Design – Developing a lightweight, ergonomic wearable device equipped with depth-sensing cameras, AI-driven object detection, and real-time auditory feedback [1].
- AI and Computer Vision Implementation – Utilizing deep learning algorithms for obstacle detection, facial recognition, and real-time scene interpretation.
- Prototype Testing and Validation – Performing structured user trials to evaluate the device's performance, response time, and accessibility compliance [1].
- Ethical Considerations and Accessibility – Ensuring data privacy, affordability, and adherence to accessibility standards such as WCAG (Web Content Accessibility Guidelines) and ADA (Americans with Disabilities Act).

This structured methodology ensures that the Visionary AR Smart Glasses effectively enhance independence and interaction [1][3][4] for visually impaired individuals, making daily tasks more manageable and accessible.

Research Design for Visionary AR Smart Glasses Empowering the Visually Impaired:

The Visionary AR Smart Glasses are designed to assist visually impaired individuals by integrating augmented reality (AR), artificial intelligence (AI), and computer vision. The research design follows a systematic and user-centered approach, ensuring that the device is both functional and accessible in real-world scenarios [1]. This design focuses on technology development, user experience analysis, and validation methods to assess its effectiveness.

The research approach for the Visionary AR Smart Glasses follows a mixed-method design [3][4], incorporating both quantitative and qualitative methodologies to ensure comprehensive analysis. A user-centered approach is adopted, prioritizing the needs of visually impaired individuals through direct engagement and feedback mechanisms. The study begins with an exploratory phase, where user interviews and surveys are conducted to understand challenges in mobility, object recognition, and text readability[3][4]. This data guides the system architecture design, ensuring that AI and computer vision technologies are tailored to user requirements. Experimental testing follows, where the smart glasses undergo controlled trials to evaluate performance metrics such as accuracy in obstacle detection, text recognition efficiency, and response time for real-time assistance. The research also applies comparative analysis, measuring the effectiveness of AR smart glasses against conventional assistive devices to determine improvements in accessibility and independence. Ethical and accessibility compliance are integral, aligning with ADA and WCAG guidelines to ensure inclusivity. By integrating user feedback, technical validation, and accessibility standards, the research approach establishes a rigorous framework for the development and refinement of the Visionary AR Smart Glasses, ensuring practical usability and effectiveness in real-world applications.

System Design & Architecture for Visionary AR Smart Glasses:

The Visionary AR Smart Glasses are designed to enhance accessibility and independence for visually impaired individuals by integrating augmented reality (AR), artificial intelligence (AI), and computer vision. This section outlines the hardware, software, and interaction mechanisms that enable real-time assistance and functionality [1].

1. Hardware Components

- Wearable Frame – Lightweight and ergonomic design ensures comfort during extended use.
- Depth-Sensing Cameras – Capture environmental details to support obstacle detection, object identification, and spatial awareness.
- AI Processing Unit – Embedded processors handle real-time image recognition, text interpretation, and scene analysis.
- Audio Feedback System – Bone conduction speakers provide spoken guidance and alerts without blocking external sounds.
- Battery & Power Efficiency – Optimized for low power consumption and extended operational time.

2. Software Architecture

- Computer Vision Module – Utilizes deep learning algorithms for object detection, facial recognition, and environmental mapping.
- Text Recognition & Speech Conversion – Integrated Optical Character Recognition (OCR) translates printed text into voice output.
- Augmented Reality Overlay – Provides visual cues and digital information to assist users in understanding their surroundings.
- Voice Command System – Natural language processing (NLP) enables hands-free operation and intuitive

control.

3. Connectivity & Processing Efficiency

- Wi-Fi & Bluetooth Integration – Allows remote updates, cloud processing, and real-time connectivity with other assistive devices.
- Edge Computing – Reduces latency and enhances real-time decision- making by processing critical data locally.

4. User Interaction & Accessibility

- Gesture-Based Navigation – Supports touch, swipe, or hand gestures for seamless user control.
- Data Privacy & Security – Implements encrypted processing to safeguard user information.
- Compliance with Accessibility Standards – Aligns with ADA (Americans with Disabilities Act) and WCAG (Web Content Accessibility Guidelines) to ensure usability.

This system design and architecture establish a foundation for Visionary AR Smart Glasses, ensuring efficiency, accessibility, and intuitive functionality for visually impaired users.

AI & Computer Vision Implementation for Visionary AR Smart Glasses:

The implementation of AI and computer vision in Visionary AR Smart Glasses is designed to provide real-time assistance for visually impaired individuals by enhancing environmental awareness, object recognition, and navigation [1]. The system utilizes deep learning algorithms to detect obstacles, recognize faces, and convert text into speech [1]. Computer vision processes captured images through depth-sensing cameras, enabling spatial mapping and dynamic scene interpretation [1]. Integrated Optical Character Recognition (OCR) allows users to read printed or digital text using an AI-driven speech engine. Facial recognition algorithms help in identifying people, improving social interactions. The AI model is trained on vast datasets to ensure high accuracy in detecting objects, landmarks, and environmental changes. Additionally, edge computing optimizes processing speed, ensuring immediate feedback while minimizing latency. Augmented reality overlays assist users in identifying key locations and objects by projecting digital information onto their field of vision. The system also includes natural language processing (NLP) for voice-assisted commands, allowing users to interact with the device seamlessly [1]. Safety measures, such as privacy-focused AI processing, ensure secure handling of personal data. By combining machine learning, computer vision, and real-time AI processing, the smart glasses create an adaptive, intelligent assistive tool, enhancing mobility and independence for visually impaired individuals [1].

Data Collection & User Validation for Visionary AR Smart Glasses:

The development of Visionary AR Smart Glasses requires a structured data collection and validation process to ensure that the system meets the needs of visually impaired individuals [1]. This phase involves gathering user insights, testing the device in real-world conditions, and evaluating its performance [1].

Data Collection Process

To design an effective assistive tool, comprehensive user needs assessment is conducted. This includes:

- ☐ Surveys & Interviews: Engaging visually impaired individuals to understand their challenges, expectations, and usability preferences [1].
- ☐ Existing Technology Review: Analyzing current assistive devices and identifying areas where AR and AI can provide additional benefits [1].
- ☐ Environmental Data Gathering: Capturing real-world images and obstacle data to train computer vision models for object detection and spatial awareness.
- ☐ User Validation & Testing
 - ☐ Once the prototype is developed, systematic validation ensures functionality and efficiency:
 - ☐ Prototype Trials: Testing the smart glasses in controlled environments as well as dynamic real-world settings.
 - ☐ Performance Metrics Evaluation: Assessing accuracy, response time, and usability of features such as text-to-speech, obstacle detection, and facial recognition.
- ☐ User Feedback Implementation: Collecting feedback and refining the AI models to enhance precision and usability.
- ☐ Accessibility Compliance: Ensuring the system aligns with ADA [3] and WCAG [4] standards for inclusivity.
- ☐ Through a rigorous data collection and validation framework, the Visionary AR Smart Glasses are optimized to provide adaptive, intelligent, and real-time assistance, enabling visually impaired individuals to navigate and interact with their surroundings more independently.

Ethical Considerations & Accessibility for Visionary AR Smart Glasses

The development of Visionary AR Smart Glasses requires careful attention to ethical considerations and accessibility to ensure inclusivity, privacy, and user safety. Ethical concerns primarily focus on data security, privacy protection, and AI transparency. Since the glasses utilize facial recognition and real-time object detection, it is crucial to implement strong encryption and anonymization techniques to protect user data from unauthorized access. Additionally, ensuring compliance with privacy laws and ethical AI standards prevents biases in AI-based decision-making, promoting fairness and accuracy in user assistance.

Accessibility plays a vital role in making the smart glasses available to a diverse group of visually impaired individuals. The design adheres to international accessibility guidelines, such as the Americans with Disabilities Act (ADA) and Web Content Accessibility Guidelines (WCAG), ensuring that the interface is intuitive and functional for users with different levels of visual impairment. Features such as voice-controlled navigation, haptic feedback, and customizable auditory assistance improve ease of use and adaptability. Additionally, affordability and widespread availability are prioritized to prevent technological exclusion, allowing users from different socio-economic backgrounds to benefit from the smart glasses.

By integrating ethical AI principles and accessibility standards, the Visionary AR Smart Glasses aim to provide a safe, inclusive, and empowering experience for visually impaired individuals, enhancing their independence and interaction with the world.

VI. Outcomes

The research on Visionary AR Smart Glasses has led to several notable outcomes, demonstrating the effectiveness of AI-driven assistive technology in enhancing accessibility for visually impaired individuals. The integration of augmented reality (AR), artificial intelligence (AI), and computer vision has significantly improved navigation, object recognition, and text accessibility.

- Enhanced Navigation & Obstacle Detection – The smart glasses effectively identify obstacles, improving users' ability to move independently and safely [1].
- Improved Object Recognition – AI-based models accurately detect and classify objects, helping users identify everyday items with ease [1].
- Advanced Text-to-Speech Conversion – Optical Character Recognition (OCR) enables real-time reading of printed and digital text, providing auditory feedback [1].
- Positive User Experience & Adoption Rates – User testing has demonstrated increased comfort, usability, and practicality in daily applications.
- Compliance with Accessibility Standards – The design adheres to guidelines such as ADA (Americans with Disabilities Act) and WCAG (Web Content Accessibility Guidelines) to ensure inclusivity [4].
- Optimized AI Performance & Reduced Latency – Edgecomputing minimizes delays, enabling real-time processing for immediate assistance.

These findings confirm that Visionary AR Smart Glasses offer a practical and efficient solution for visually impaired individuals, enhancing their independence, confidence, and interaction with their surroundings.

VII. Result

The results of the Visionary AR Smart Glasses research demonstrate their effectiveness in enhancing accessibility and independence for visually impaired individuals [1]. The integration of AI, computer vision, and augmented reality has significantly improved navigation by providing real-time obstacle detection and spatial awareness [1]. The smart glasses successfully recognize objects, landmarks, and signs, assisting users in identifying and interacting with their surroundings [1]. The text-to-speech functionality, powered by Optical Character Recognition (OCR), allows users to access printed and digital text effortlessly. Initial user trials have shown high adoption rates, with participants reporting ease of use and comfort in daily applications. Furthermore, the implementation of edge computing has optimized AI processing, reducing latency and ensuring immediate feedback for users. Compliance with accessibility standards such as the Americans with Disabilities Act (ADA) [3] and Web Content Accessibility Guidelines (WCAG) [4] reinforces inclusivity, making the technology adaptable to diverse user needs. Overall, the findings confirm that the Visionary AR Smart Glasses serve as a practical and efficient assistive solution, empowering visually impaired individuals to navigate their environment with greater autonomy and confidence.

VIII. Conclusion

The Visionary AR Smart Glasses research confirms that AI-powered assistive technology significantly enhances accessibility and independence for visually impaired individuals [1]. The integration of real-time obstacle detection, object recognition, and text-to-speech functionality has demonstrated practical benefits in

navigation and interaction with the environment [1]. User trials highlight a high adoption rate, emphasizing the intuitive design and effectiveness of the smart glasses [1]. While technical challenges such as AI processing optimization and privacy concerns remain [2], ongoing improvements in edge computing and encryption techniques offer promising solutions. Compared to traditional assistive devices, AR-based technology provides dynamic and adaptive support, making it a valuable tool for individuals with visual impairments. Future research should explore advanced gesture-based controls and affordability measures to ensure broader accessibility [2]. Overall, Visionary AR Smart Glasses serve as a groundbreaking assistive solution, empowering users with confidence and autonomy in their daily lives [2].

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X. Commercialization Strategy

This research aims not only to innovate in assistive technology through AI-powered AR smart glasses but also envisions a clear pathway to commercialization and widespread societal impact. The growing global population of visually impaired individuals represents a significant market opportunity, estimated in millions across developed and developing countries alike. By leveraging a value proposition centered on affordability, multi-functionality, and real-time personalized assistance, this device seeks to disrupt traditional assistive markets while addressing an urgent unmet need.[5]

Our proposed revenue model includes device sales combined with subscription- based software services that deliver continuous AI model updates, health analytics, and navigation enhancements. Strategic partnerships with healthcare providers, non-governmental organizations, and government disability support programs will facilitate adoption and distribution, particularly in underserved regions.[6]

A phased go-to-market approach encompassing pilot deployments, user feedback loops, and adaptive design will ensure product relevance and scalability. The business strategy also emphasizes environmental sustainability and ethical AI compliance, aligning with evolving consumer and regulatory expectations. [7] This holistic vision underscores the transformative potential of the technology to empower users and create a viable, scalable enterprise.

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