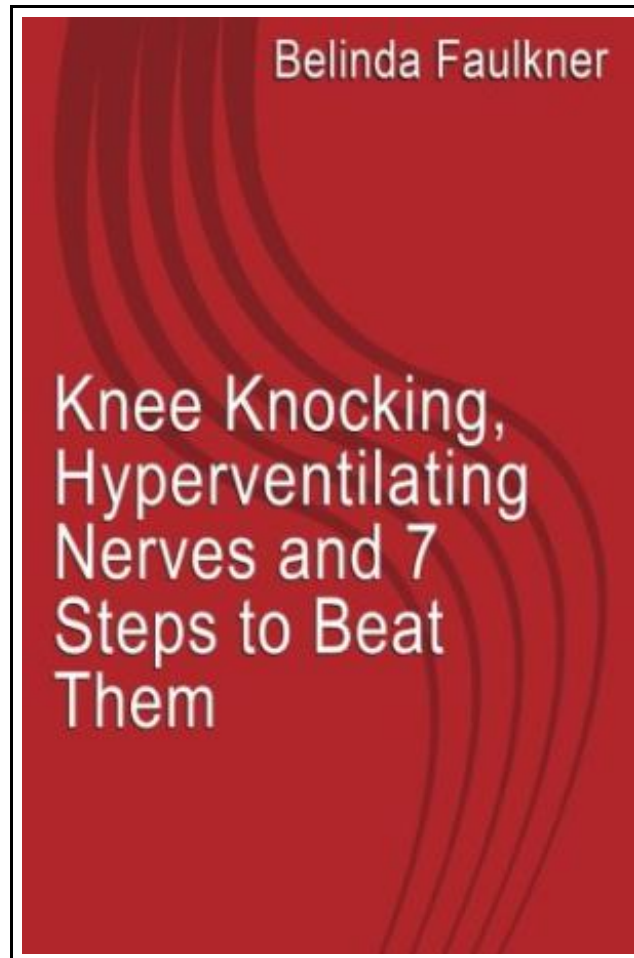


Knee Knocking, Hyperventilating Nerves and 7 Steps to Beat Them



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