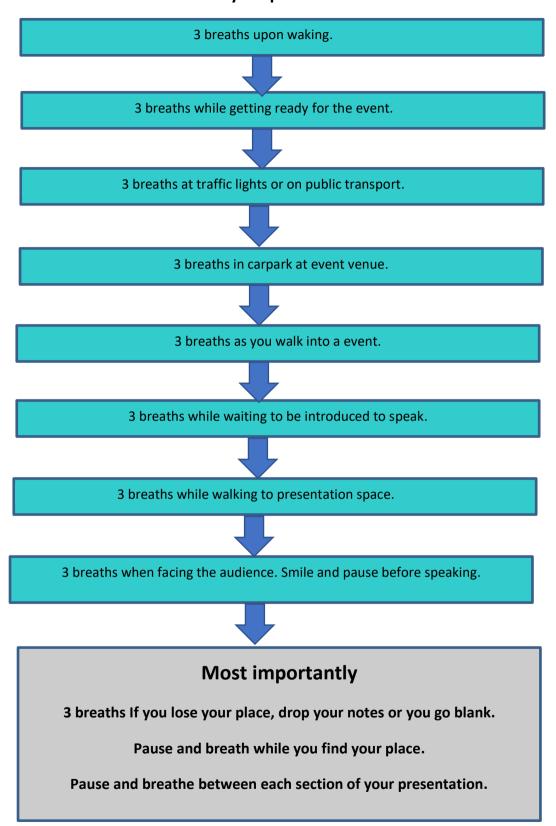


Nine step breathing method for calming your nerves on the day of your presentation.



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