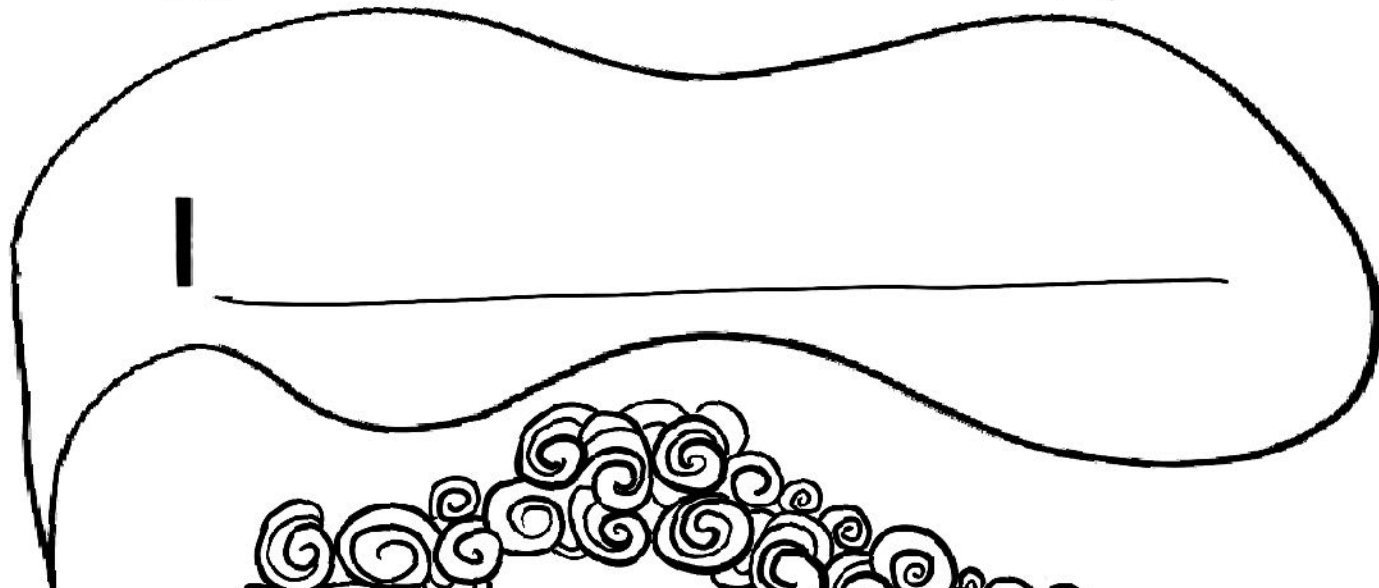


What do you do when you
🌸 feel overwhelmed? 🌸



What do you do to feel less nervous when
♪ you're in front of an audience? ♪

