



10 Simple Steps to Reducing Stress Your Teams Cause You: Native Thoughts

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Your team is playing. You can't sit still. You have to do things to help ease your mind off of the poor playing that they are doing. The opponent just scored again! Why is your team playing so badly??! This book is designed to help any sports enthusiast with dealing with the stress that most fans deal with all year 'round.

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Jennifer Pittman:

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