

A red skateboard is positioned diagonally across the frame, resting on a paved surface. In the background, a tall skyscraper is visible under a bright sky. The overall image has a warm, slightly desaturated color palette.

From Average to Prime Time

THE SKATEBOARDING PSYCHOLOGY WORKBOOK

**How to use Advanced
sports Psychology to
succeed on a skateboard**

Skateboard Workbook

M Planty



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