

A red skateboard is positioned diagonally across the frame, resting on a paved sidewalk. In the background, a tall, modern 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

**Herbert Puchta, Jeff Stranks, Peter
Lewis-Jones**



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