

## Steve Peters The Chimp Paradox

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### Steve Peters The Chimp Paradox

“Dr. Steve Peters uses quite a bit of creative license in The Chimp Paradox to create layman-friendly applications for cutting-edge neuroscience—with spectacular results! Customers will welcome this exciting new approach to managing overeating, uncontrolled rage, and obsessive thinking, and the book’s scientific foundation, though simplified, is solid.”

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Steve Peters explaining his best selling book, The Chimp Paradox Professor Steve Peters explains

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the struggle that takes place within your mind. He then shows you how to apply this understanding to every area of your life so you can: Recognise how your mind is working

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In The Chimp Paradox, Steve Peters presents his radical theory that there are two parts to the mind: a rational part and an emotional part. Wow. And that the emotional part sometimes interferes with the decision-making ability of the rational part. Hey, slow down brainiac!

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## **The Chimp Paradox Summary - Four Minute Books**

The Chimp Paradox is an incredibly powerful mind management model that can help you become a happy, confident, healthier and more successful person. Prof Steve Peters explains the struggle that takes place within your mind and then shows how to apply this understanding to every area of your life so you can: - Recognise how your mind is working

## **The Chimp Paradox: The Mind Management Programme to Help ...**

Steve Peters (born 5 July 1953) is an English psychiatrist who works in elite sport. He is best known for his work with British Cycling. He has published three books, The Chimp Paradox in 2012, My Hidden Chimp in 2018 and The Silent Guides in 2018.

## **Steve Peters (psychiatrist) - Wikipedia**

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Dr Steve Peters is a Consultant Psychiatrist working full time in Elite Sport. He works with the UK Athletics, British Cycling, Sky Pro Cycling teams and has...

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Dr. Steve Peters explains that we all have a being within our minds that can wreak havoc on every aspect of our lives - be it business or personal. He calls this being "the chimp," and it can work either for you or against you. The challenge comes when we try to tame the chimp, and persuade it to do our bidding.

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The Chimp Paradox. The Mind Management Programme for Confidence, Success and Happiness. Dr Steve Peters (2012).

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