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The Chimp Paradox (Audiobook) by Dr. Steve Peters

#10 The Chimp Paradox (Steve Peters, 2012) | Will & Luke Discuss

The Chimp Paradox by Steve Peters: Animated Book Summary How to CONTROL YOUR EMOTIONS and Manage Your Inner Chimp Steve Peters explaining his best selling book, The Chimp Paradox How I manage my confidence & insecurities- The Chimp Paradox by Steve Peters 'The Chimp Paradox' business book review Ep 34: Ben Davies - The Chimp Paradox: Mind Management for Success, Confidence and Happiness ~~The Chimp Paradox The Mind~~ The Chimp Paradox: The Mind Management Program to Help You Achieve Success, Confidence, and Happiness Paperback – Illustrated, May 30, 2013. by Dr. Steve Peters (Author) 4.6 out of 5 stars 5,536 ratings. See all formats and editions.

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~~The Chimp Paradox: The Mind
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Derive his fact-based theories from neurological researches and decades of experience, Prof Steve Peters analyses the mechanism of the brain between the Frontal (the logical Human), the Limbic (the emotional Chimp) and Parietal (the memory-storing Computer), and how different functions of these 3 can conflict and/or complement each others to produce our thinking process and decision making process.

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The Chimp Paradox contains an incredibly powerful mind management model that can help you be happier and healthier, increase your confidence, and become a more

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successful person. This book will help you to: —Recognize how your mind is working. —Understand and manage your emotions and thoughts.

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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 a emotional part. Wow. And that the emotional part sometimes interferes with the decision-making ability of the rational part. Hey, slow down brainiac! And slow down he does.

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The Chimp Paradox is an incredibly powerful mind management model that can help you become a happy, confident, healthier and more successful person.

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The Chimp Paradox is a simple analogy describing our brains he uses to help athletes deliver their absolute best. But it ' s a universal tool, so it can help you live a better life too. Here are 3 lessons that will help you exercise control over your emotions: Your brain has two major parts, which often collide, so it ' s important to observe them.

~~The Chimp Paradox Summary—Four
Minute Books~~

From Dale Carnegie's How to Win Friends and Influence People, published in 1936, which has sold over 30 million copies to

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date, to the mind management programme of Professor Steve Peters' The Chimp Paradox, a concise and insightful guide to seventy of the most influential self-help books ever published An entertaining, accessible companion, for readers of self-help books and sceptics alike.

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The Chimp Paradox: The Acclaimed Mind Management Programme to Help You Achieve Success, Confidence and Happiness Paperback – 1 April 2012 by Steve Peters (Author) 4.6 out of 5 stars 7,323 ratings See all formats and editions

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The Chimp Paradox is an incredibly powerful mind management model that can help you become a happy, confident,

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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

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Management Programme to Help ...~~

In The Chimp Model, the inner Chimp is the emotional team within the brain that thinks and acts for us without our permission. The logical team is the real person, it is you; rational, compassionate and humane, and is the Human within. The memory banks for reference are the Computer. The Model sees the brain as being divided into three teams:

~~The Chimp Model - Chimp Management |
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Mind is made up of three separate brains: Human, Chimp and Computer. You are the Human. Your Chimp is an emotional thinking machine. Your Computer is a storage area and automatic functioning machine.

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The chimp is an emotional machine that
thinks differently from you and offers you
feelings that can be constructive or
destructive, but more than that it actually
makes decision for you. It can be your best
friend or your worst enemy.

~~The Chimp Paradox—Control Your
Naughty Mind—Livefit~~

Professor Steve Peters, author of 'The
Chimp Paradox', explains the chapters of
the book. The Chimp Model is an

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model tha...

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The Chimp Paradox is an incredibly
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