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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 func-

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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

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

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.

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The Chimp Paradox: The Mind Management Program to Help You ... 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. 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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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:

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