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(Animated Book

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Review) The

Professor Steve
Peters explains

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Optimising the
Performance of
the Human Mind:
Steve Peters at
TEDxYouth@Manche
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~~CHIMP PARADOX BY
DR STEVE PETERS
MIND MANAGEMENT~~

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~~Review 2017~~

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~~(Steve Peters)~~

~~#10 The Chimp~~

~~Paradox (Steve~~

~~Peters, 2012) |~~

~~Will \u0026amp; Luke~~

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Discuss The
~~Chimp Paradox |~~
~~Animated Summary~~
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Steve Peters -
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How to CONTROL
YOUR EMOTIONS
and Manage Your
Inner Chimp
~~Prof~~
~~Steve Peters~~
~~(author of The~~

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~~Chimp Paradox)~~
~~talks about~~
~~taming the chimp~~
~~during lockdown.~~

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Club *How I
manage my
confidence*

\u0026

insecurities-

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~~Happiness And
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book, The Chimp
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Chimp Paradox:

The Mind

Management ? The

Chimp Paradox

(Audiobook) by

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the most
important person
in my career."

-Victoria
Pendleton,
Olympic Gold
Medal-winning

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cyclist "Dr.

Steve Peters
uses quite a bit
of creative
license in The
Chimp Paradox to
create layman-
friendly
applications for
cutting-edge neu-
roscience—with
spectacular
results!

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welcome this
exciting new
approach to
managing
overeating,
uncontrolled
rage, and
obsessive
thinking, and
the book's
scientific
foundation,
though
simplified, is

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solid." The

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~~You ...~~

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explaining his

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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

~~The Chimp~~

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~~Paradox by Prof
Steve Peters |
Chimp Management~~

...

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.

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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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~~Programme . . .~~

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),

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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

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and decision
making process.

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to give you a
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understanding of
the key
concept...

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~~— Steve Peters~~
~~(Animated Book~~
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Steve Peters is
one of the most
famous sports

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psychologists
alive - and
knows that's
true even for
the greatest
athletes. That's
why he wants to
teach you
something about
" The Chimp
Paradox. "

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~~Summary Steve~~

~~Peters | 12min~~

~~Blog~~

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Paradox Review.

What academics
often struggle
with is

communicating

their vast

knowledge in

ways people

enjoy, like, and

understand. But

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not Steve
Peters. The
Chimp Paradox is
a brilliant,
simple metaphor
that will help
you assess your
own behavior,
focus on the
long-term, and
communicate
better with
others. Read
full summary on

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Steve Peters -

YouTube. Manage

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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;

Understand and

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manage your
emotions and
thoughts; Manage
yourself and
become the
person you would
like to be

~~Chimp Management~~

~~| Chimp~~

~~Management~~

Steve Peters

(born 5 July

1953) is an

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English The
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.

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~~Steve Peters~~

~~(psychiatrist)~~

~~Wikipedia~~

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Paradox is an

incredibly

powerful mind

management model

that can help

you become a

happy,

confident,

healthier and

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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

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How your mind is
working

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important person
in my career." –
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Olympic Gold Medal-winning cyclist "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

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results!
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Acclaimed Mind
Management
Programme to
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Success,

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Confidence and
Happiness

Paperback - 1

April 2012 by

Steve Peters

(Author) 4.6 out
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~~Programme . . .~~

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

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person. This audiobook will help you to recognize how your mind is working, understand and manage your emotions and thoughts, and become the person you would like to be. Dr. Peters explains

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the struggle
~~Chimp Paradox~~
that takes place
within your mind
and then shows
you how to apply
this
understanding.

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Steve Peters
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person. Prof
Steve Peters
explains the
struggle that
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within your mind

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Peter 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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Paradox on Apple
Books~~

Making The Chimp

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Modelers The

Accessible. Over the years we've had lots of requests for one-to-one coaching, workshops, keynotes and conferences. The Troop is a way of helping us to reach more people and extend their

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learning in
their own time.
The Troop has
two purposes: 1.
To present to
you, the
information and
expertise we
have on the
Chimp Model. 2.

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Understanding

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how to control
him (and when to
let him vent) is
the subject of
'The Chimp
Paradox: The
Mind Management
Programme for
Confidence,
Success and
Happiness' by
Prof. Steve
Peters. What
makes it great,

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in a nutshell?

The Chimp
Paradox is very
well known and
respected and
its greatness
rests partly on
its deceptive
simplicity.

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