

Steve Peters The Chimp Paradox

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

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

~~Amazon.com: The Chimp Paradox: The Acclaimed Mind~~

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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 contains an incredibly powerful mind management model that can help you be happier and healthier, increase your confidence, and become a more successful 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 the struggle that takes place within your mind and then shows you how to apply this understanding.

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