



The Chimp Paradox: The Mind Management Program to Help You Achieve Success, Confidence, and Happiness

By Dr. Steve Peters

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The Chimp Paradox: The Mind Management Program to Help You Achieve Success, Confidence, and Happiness By Dr. Steve Peters

Your inner Chimp can be your best friend or your worst enemy...this is the Chimp Paradox

Do you sabotage your own happiness and success? Are you struggling to make sense of yourself? Do your emotions sometimes dictate your life?

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.

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 book will help you to:

- Recognize how your mind is working
- Understand and manage your emotions and thoughts
- Manage yourself 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. Once you're armed with this new knowledge, you will be able to utilize your chimp for good, rather than letting your chimp run rampant with its own agenda.

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- Sales Rank: #29007 in Books
- Brand: Brand: Tarcher
- Published on: 2013-05-30
- Released on: 2013-05-30
- Original language: English
- Number of items: 1
- Dimensions: 8.21" h x .95" w x 5.45" l, .67 pounds
- Binding: Paperback
- 368 pages



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Editorial Review

Review

“Thank you, Steve Peters, for opening my eyes on how to approach my worries and fears...”

—**Bradley Wiggins**, Winner of Tour de France 2012

“[*The Chimp Paradox* is] the mind program that helped me win my Olympic Golds.”

—**Sir Chris Hoy**, six-time Olympic champion

“Steve Peters is **the most important person** in my career.”

—**Victoria Pendleton**, 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 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.”

—**Retailing Insight**

About the Author

Dr. Steve Peters is a Consultant Psychiatrist who specializes in optimizing the functioning of the mind. He is Undergraduate Dean at Sheffield University Medical School and the resident psychiatrist with the British Cycling and Sky ProCycling teams.

Users Review

From reader reviews:

Raymond Llamas:

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