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The Acclaimed Mind Management Programme ...

In The Chimp Paradox, Steve Peters presents his radical theory that there are two parts to the mind: a rational part and an 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.

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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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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

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The Chimp Paradox is a
simple analogy
describing our brains
he uses to help

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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

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It acts as a memory and can also act as an automatic thinking and acting machine that is programmed to take over if the Chimp or Human is asleep or if they allow it to run ahead of them with preformed decisions and beliefs that it can act with.

The Chimp Model - Chimp Management | Chimp Management

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The paradox is that we need our chimp – for basic survival instincts, for example – but if we don't have a plan to manage it, and let it run our lives, it can be catastrophic.

Steve Peters:
**Making money by
managing the 'inner
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how your mind is
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Chimp Management **| Chimp** **Management**

The point of the chimp paradox system is to learn to manage your chimp; to harness it's POWER when it's working for you and to NEUTRALISE it's input when it is working against you. Recognise your chimp: how many times have you had a

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