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...

Chimp Management was set up by  
Professor Steve Peters in order to  
respond to the numerous requests he  
was receiving for help in understanding  
and using The Chimp Model. Steve and

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his experienced team of doctors and  
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## **The Chimp Paradox by Prof Steve Peters | Chimp Management ...**

In The Chimp Paradox, Steve Peters  
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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.

### **The Chimp Paradox: The Acclaimed Mind Management Programme ...**

Back in 2011, Dr Steve Peters must have

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been the busiest man in the country. He was head of medicine at Team Sky and British Cycling, working with various athletes including the snooker player Ronnie

### **Team Sky have taken lead from Steve Peters' Chimp with ...**

The Chimp Paradox (ePub Download).

# Read Book By Steve Peters The Chimp Paradox The Mind

About Steve Peters. Prof Steve Peters is a consultant psychiatrist and has worked in the clinical field of psychiatry for over 20 years. He specialises in optimising the functioning of the mind and also holds degrees in mathematics and medicine.

## **The Chimp Paradox by Steve Peters**

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The Chimp Paradox. Professor 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; Understand and manage your emotions and thoughts; Manage yourself and become

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the person you would like to be  
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## **Chimp Management | Chimp Management**

Steve Peters (born 5 July 1953) is an English 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

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Hidden Chimp in 2018 and The Silent  
Guides in 2018.

**Steve Peters (psychiatrist) -  
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Chimp Paradox 3 Books Collection set By  
Prof Steve Peters ( My Hidden Chimp,  
The Silent Guides, The Chimp Paradox)  
Professor Steve Peters. 4.9 out of 5 stars



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Professor Steve Peters is a consultant

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psychiatrist and has worked in the clinical field of psychiatry for over 20 years. He specialises in optimising the functioning of the mind and also holds degrees in mathematics and medicine.

## **Steve Peters (Author of The Chimp Paradox)**

The Chimp Paradox is an incredibly

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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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“[The Chimp Paradox is] the mind  
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managing the 'inner chimp' The self-  
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Dr Steve Peters is a Consultant  
Psychiatrist working full time in Elite

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Sport. He works with the UK Athletics,  
British Cycling, Sky Pro Cycling teams  
and has...

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The Chimp Paradox is designed to  
explain and explore the mind  
management model developed by

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Professor Steve Peters.. Dr Peters begins by explaining 3 distinct parts of the brain; the human brain which focuses on logic, reason and requires a sense of purpose; the chimp brain which is designed to protect and survive and is an emotional creature in it's own right; the computer brain which is ...



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Peters) Visual Synopsis by ...**

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has two purposes: 1. To present to you, the information and expertise we have on the Chimp Model. 2.

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The Chimp Paradox – Prof. Steve Peters  
15th September 2020 by Clinton Askew  
These days it's common for corporate email accounts to set a delay, putting a

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few seconds between hitting 'send' and  
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