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The Chimp Paradox: The Acclaimed Mind Management Programme to Help You Achieve Success, Confidence and Happiness: Amazon.co.uk: Peters, Prof Steve, Peters, Prof Steve: 9781786140180: Books. £16.00.

The Chimp Paradox: 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 a 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 he does.

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

The Chimp Paradox: The Acclaimed Mind Management Programme to Help You Achieve Success, Confidence and Happiness By Steve Peters (Author) Paperback

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The Chimp Paradox: The Acclaimed Mind Management Programme to Help You Achieve Success, Confidence and Happiness: Author: Prof Steve Peters: Publisher: Ebury Publishing, 2012: ISBN: 1448117968, 9781448117963: Length: 368 pages: Subjects

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The Chimp Paradox: The Mind Management Programme to Help ...

The Chimp Paradox is not a new theory. Peters has taken an old theory and repackaged it, making it more accessible to more people. The theory goes that within our mind we have three aspects: the computer, the chimp and the human.

Amazon.co.uk:Customer reviews: The Chimp Paradox: The ...

Diary of Thoughts: The Chimp Paradox by Dr Steve Peters - A Journal for Your Thoughts About the Book is a journal designed for note-taking, designed and produced by Summary Express. With blank, lined pages in a simplistic yet elegant design, this journal is perfect for recording notes, thoughts, opinions, and takeaways in real-time as you read.

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The Chimp Paradox is written and narrated by world-renown consultant Psychiatrist Steve Peters and is a life-changing mindfulness meditation audiobook based on Peters ' hugely successful Mind Management Programme. This audio will take the listener on the path towards a truly happy life.

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