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The Chimp Paradox: The Mind Management Program to Help You

...

Professor Steve Peters. MBBS MRCPsych
BA PGCE MEd (medical) Dip. Sports Med.
Consultant Psychiatrist / Undergraduate
Dean Sheffield Medical School. Professor

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Steve Peters is a Consultant Psychiatrist who specialises in the functioning of the human mind. His work, past and present, in the field of psychiatry and education includes: the National Health Service (NHS) for over 20 years; Clinical Director of Mental Health Services; Clinical Director at Bassetlaw Hospital; Forensic Psychiatrist at ...

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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

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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 Mind Management Program ...

Steve Peters (born 5 July 1953) is an

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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 Hidden Chimp in 2018 and The Silent Guides in 2018.

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and manage your emotions and thoughts; Manage yourself and become the person you would like to be

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About Steve Peters Steve Peters is an English psychiatrist, best known as the counselor of the British Cycling Team

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(Sir Chris Hoy, Victoria Pendleton). He has also advised sprinter Adam Gemili, snooker player Ronnie O'Sullivan, as well as the Liverpool F.C. In 2014, Roy Hodgson recruited him to help the England football team.

**The Chimp Paradox PDF Summary -
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Dr 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.

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Psychiatrist working full time in Elite Sport. He works with the UK Athletics, British Cycling, Sky Pro Cycling teams and has had involvements with a further twelve...

Optimising the Performance of the Human Mind: Steve Peters ...

The Chimp Paradox Review What

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academics often struggle with is communicating their vast knowledge in ways people enjoy, like, and understand. But not Steve Peters. The Chimp Paradox is a brilliant, simple metaphor that will help you assess your own behavior, focus on the long-term, and communicate better with others.

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Paradox Summary....

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crowned snooker world champion Ronnie O'Sullivan for taking his mental preparation to the next level with some spell-binding displays over the past decade.

Sports psychiatrist's advice for Mayo footballers - Herald.ie

The Chimp Paradox, by Dr. Steve Peters

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I started reading it last week and have been enjoying it, will post a full review when finished. To review, please use the following format. (The STAR/X emojis are under the emoji icon, under "commenting icons.")

**BOOK REVIEW - The Chimp Paradox,
by Dr. Steve Peters ...**

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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 holds degrees in mathematics and medicine.

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