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The Chimp Paradox summary Joosr

This is the chimp brain and the human brain battling for your attention. The chimp brain runs on impressions and feelings, while the human brain looks to facts to get a better understanding of the situation. Unfortunately, it s usually the troublesome chimp brain that takes control of our immediate reactions.

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The Chimp Paradox The Pie at Night

The Chimp Paradox is a 2012 book by acclaimed sports psychiatrist, Professor Steve Peters. Peters theorises that we all have an inner Chimp that can be a

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The Chimp Paradox Summary You Are Your Reality

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