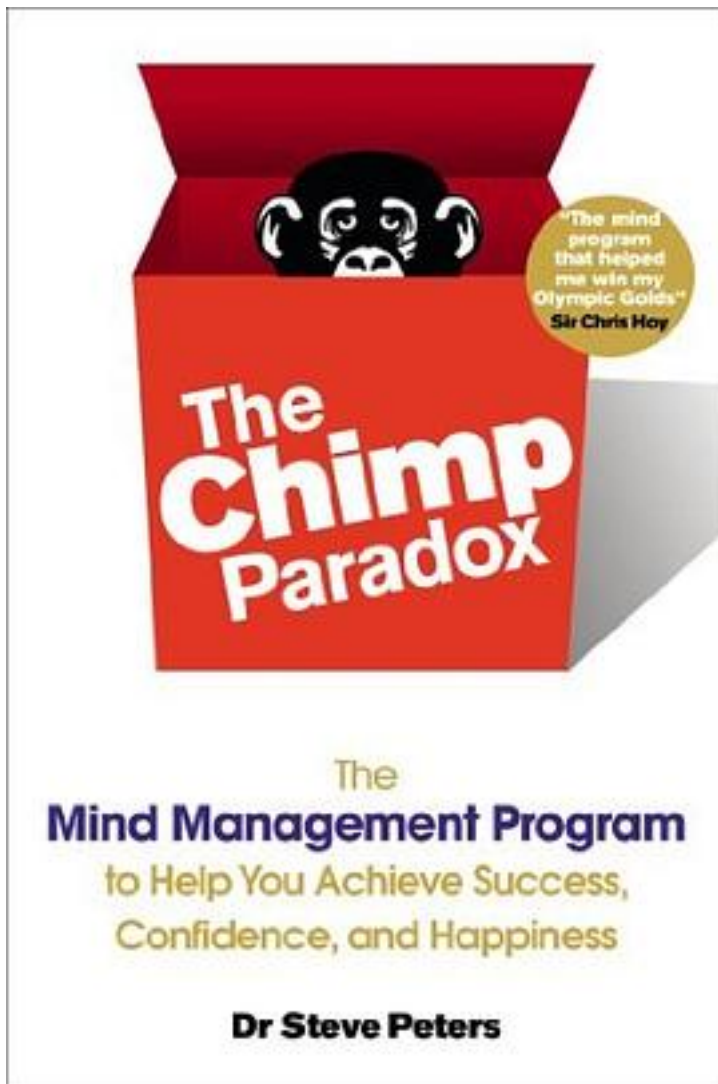


The Chimp Paradox



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著者:Prof Steve Peters

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Do you sabotage your own happiness and success? Are you struggling to make sense of yourself? Do your emotions sometimes dictate your life? The Chimp Paradox is an incredibly powerful mind management model that can help you become a happy, confident, healthier and more successful person. Dr 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 the person you would like to be The Chimp Mind Management Model is based on scientific facts and principles, which have been simplified into a workable model for easy use. It will help you to develop yourself and give you the skills, for example, to remove anxiety, have confidence and choose your emotions. The book will do this by giving you an understanding of the way in which your mind works and how you can manage it. It will also help you to identify what is holding you back or preventing you from having a happier and more successful life. Each chapter explains different aspects of how you function and highlights key facts for you to understand. There are also exercises for you to work with. By undertaking these exercises you will see immediate improvements in your daily living and, over time, you will develop emotional skills and practical habits that will help you to become the person that you want to be, and live the life that you want to live.

作者介绍:

史蒂夫·彼得斯博士是一名精神病顾问，从事临床精神病学研究二十多年。他获得了数学和医学学士学位，医学教育、运动医学、教育和精神病学专业硕士学位。他于1994年开始担任英国谢菲尔德大学的高级讲师，是医学院负责本科教学的院长，还是英国皇家大学考试组委会成员之一。

此外，他为精英体育运动队的队员们提供咨询，从2001年开始担任英国自行车队的长驻精神病医师，现任天空职业自行车队的长驻精神病医师。他的大脑管理模式受到很多人的称赞，受这种大脑管理模式的影响，英国精英自行车队选手的表现登峰造极，在2008年的北京奥运会上夺得了14枚奖牌，其中有8枚金牌。

他的贡献还涉及12种其他的奥林匹克运动项目，包括跆拳道和皮划艇，还有英格兰橄榄球和英格兰足球超级联赛。

除了为精英体育运动员提供咨询，史蒂夫·彼得斯博士还为企业总裁、高级主管、医院工作人员、病人和大学生提供咨询，帮助他们理解他们的思想和行为，以及如何进行思维调节从而让自己在工作和个人生活中都表现出最好的状态。

史蒂夫·彼得斯博士的黑猩猩模式适用范围广，几乎所有人都可以采用这种模式来管理大脑，控制人的非理性冲动。

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书评

在深夜，假设你去睡觉，脑子里还萦绕着一些困扰你的事情，半夜醒来，你的大脑开始告诉运转。这个时候“人”正在熟睡，“黑猩猩”占据支配地位，所以你的想法就很荒谬，很情绪化。
“黑猩猩”会一直处于思考中，悲观的看待事物，你醒多久它就担忧多久。最终，你筋疲力尽地...
