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[The Chimp Paradox is] the mind program that helped me win my Olympic Golds. Sir Chris Hoy, six-time Olympic champion Steve Peters is the most important person in my career.

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[The Chimp Paradox Summary - Four Minute Books](#)

The Chimp Paradox is a simple analogy describing our brains he uses to help athletes deliver their absolute best. But it's a universal tool, so it can help you live a better life too. But it's a universal tool, so it can help you live a better life too.

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The Chimp Paradox by Prof Steve Peters is a book that explains the Chimp Mind Management Model. This model is designed to help you Recognise how your mind is

working. Learn how to control your mind.

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

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.