

## Steve Peters The Chimp Paradox

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### Steve Peters The Chimp Paradox

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- Recognise how your mind is working

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

Steve Peters (born 5 July 1953) is an 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.

## **Steve Peters (psychiatrist) - Wikipedia**

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Dr Steve Peters is a Consultant Psychiatrist working full time in Elite Sport. He works with the UK Athletics, British Cycling, Sky Pro Cycling teams and has...

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Dr. Steve Peters explains that we all have a being within our minds that can wreak havoc on every aspect of our lives - be it business or personal. He calls this being "the chimp," and it can work either for you or against you. The challenge comes when we try to tame the chimp, and persuade it to do our bidding.

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