Record Nr. UNINA9910150492203321 Autore Ltd Bokish Titolo A Joosr Guide to \$\pi\x2026\$; The Chimp Paradox by Steve Peters : The Mind Management Program to Help You Achieve Success, Confidence, and Happiness Hove,: Bokish Ltd, 2015 Pubbl/distr/stampa 1-78567-060-3 **ISBN** Descrizione fisica 1 online resource (27 p.) Disciplina 158.4 Soggetti Confidence Leadership Success Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Note generali Description based upon print version of record. Nota di contenuto Copyright Page; Contents; What's it about?; How the mind works; The chimp brain works with feelings; the human brain works with facts; Differentiating between the two brains and managing the chimp brain: The chimp brain's drives cannot be changed, they can only be managed; Manage the chimp using exercise, boxes, and bananas; Utilize your computer brain to manage the chimp brain; Understand how the chimp brain interprets situations to manage it better: The chimp brain and the human brain see success differently; Planning is not enough: you must follow through: Set goals, not dreams then do your bestFinal summary; Now read the book Sommario/riassunto In today's fast-paced world, it's tough to find the time to read. But with Joosr guides, you can get the key insights from bestselling nonfiction titles in less than 20 minutes. Whether you want to gain

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