

Chimp Paradox

Das Chimp Paradox The Chimp Paradox De chimp paradox / druk 1 The Chimp Paradox The Chimp Paradox The Hidden Chimp Steve Peters Steve Peters Steve Peters Steve Peters (Sports psychiatrist) Steve Peters (Sports psychiatrist) Steve Peters
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bestimmen emotionen viel zu oft dein leben stehst du dir deshalb immer wieder selbst im weg in jedem von uns lauert der innere schimpanse der unser bester freund aber auch unser größter feind sein kann der renommierte britische psychiater steve peters zeigt in seinem internationalen bestseller wie wir negative gedanken besser steuern und den täglichen kampf in unserem kopf zu unseren gunsten entscheiden können der renommierte facharzt für psychiatrie prof steve peters war in den unterschiedlichsten gesellschaftlichen funktionsbereichen von der gesundheit und bildung bis hin zu wirtschaft und spitzensport als berater tätig hat im lauf seiner beeindruckenden beruflichen karriere aber auch vielen ganz normalen menschen geholfen auf der grundlage neuester wissenschaftlicher erkenntnisse hat er ein mind management modell entwickelt das dich in die lage versetzt die funktionsweise deiner unverwechselbaren psyche zu verstehen und fähigkeiten zu erkennen und zu entwickeln mit denen du deine individuelle leistung und lebensqualität optimieren kannst verständlich und unterhaltsam geschrieben gibt sein internationaler bestseller in einer vielzahl von situationen in alltag und beruf hilfestellung um Ängste zu überwinden selbstbewusster aufzutreten und negative gedanken im zaum zu halten jedes kapitel enthält beispiele und praktische Übungen mit denen du tag für tag an dir arbeiten und rasch verbesserungen erzielen kannst ein genauso simpler wie einzigartiger weg zu mehr selbstvertrauen erfolg glück und gesundheit

an incredibly powerful mind management model that can help a person become happier more confident and a healthier more successful person cover

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