

The Adolescent Brain Further Reading

There are three books written by Professor Steve Peters relating to the Chimp Paradox concept which was briefly covered by Stephen Eccles in the Adolescent Brain webinar:

The Chimp Paradox: The Mind Management Programme to Help You Achieve Success, Confidence and Happiness – an introductory book covering The Chimp Paradox, a mind management model.

My Hidden Chimp: The new book from the author of The Chimp Paradox – an educational book that offers parents, teachers and carers some ideas and thoughts on how to help children to develop healthy habits for life.

The Silent Guides: The new book from the author of The Chimp Paradox - explores some neuroscience and psychological aspects of the developing mind, unconscious thinking, behaviours, habit formation and related topics in an easy to understand way.

All books can be purchased on Amazon (below link is a three book bundle), there are also kindle editions and Audio CD's available to purchase:

https://www.amazon.co.uk/dp/9123759666/ref=cm_sw_r_cp_apai_15StCbQ2MTSC5

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