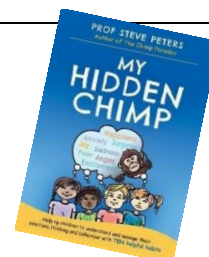


My Hidden Chimp , by Steve Peters

Published by Studio Press Books 2018
Paperback from £7.82



My Hidden Chimp is written by Professor Steve Peters, author of The Chimp Paradox. Steve Peters is a Consultant Psychiatrist who specialises in the functioning of the human mind.

This book is written to introduce children to some basic neuroscience of the mind using the Chimp model with some applications of this. It is an educational book for children to work through with an adult or sometimes by themselves. It offers families and teachers some ideas and thoughts on how to help children to develop healthy habits for life.

The Comic Strip Conversation style of presentation makes this book very user friendly for autistic youngsters and visual learners. The content promotes youngsters' understanding of emotional regulation and flight/fight/fright/freeze type responses which bewilder and trouble so many children and their families.

Other titles:

- The Chimp Paradox
- The Silent Guides: Understanding and Developing the Mind Through Life