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making ability of the  
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The Chimp Paradox is a simple analogy describing our brains he uses to help athletes deliver their absolute best. But it's a universal tool, so it can help you live a better life too. Here are 3 lessons that will help you exercise control over your emotions: Your brain has two

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major parts, which often collide, so it's important to observe them.

## **The Chimp Paradox Summary - Four Minute Books**

It acts as a memory and can also act as an automatic thinking and acting machine that is programmed to take over if the Chimp or Human is asleep or if they allow it to run ahead of them with



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performed decisions  
and beliefs that it can  
act with.

**The Chimp Model -  
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Management**

The paradox is that we  
need our chimp – for  
basic survival instincts,  
for example – but if we  
don't have a plan to  
manage it, and let it  
run our lives, it can be  
catastrophic.

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