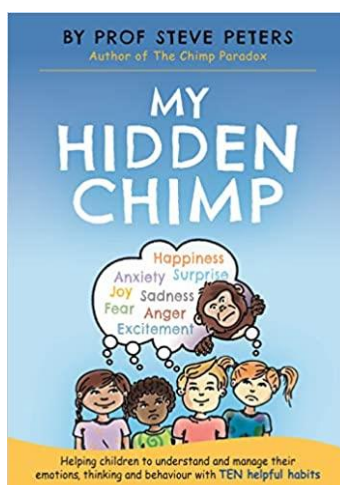


My Hidden Chimp



My Hidden Chimp is an effective and powerful new educational book that offers parents, teachers and carers some ideas and thoughts on how to help children to develop healthy emotional and behavioural habits for life. The science behind the habits is discussed in a practical way with exercises and activities to help children think the habits through and start putting them into practice.

The neuroscience of the mind is simplified for children to understand and then use to their advantage by explaining the developing 'chimp' brain in children and young people.

It is suitable for children from the age of seven years including:

- 1) Children who want to understand how their emotions can take control of their thinking.
- 2) Adults who want to help children build their understanding and skills.
- 3) Adults who would like an introduction to the chimp paradox - this book could be a great starting point.

Notes: