

PHILOLOGY

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Contrast of images of "Human" and "Chimpanzee" (based on the book by Steve Peters "The Chimp Paradox: The Mind Management Program to Help You Achieve Success, Confidence, and Happiness")

Psychological and psychotherapeutic books are gaining popularity among readers. Instead of going to a psychologist or psychotherapist, a person turns to a book, wishing to solve a problem or get out of a difficult life situation. There are situations when emotions take over, and a person is not able to cope with them, turning on the mind and cold head. In such cases, a book "The Chimp Paradox" by Steve Peters, a consulting psychiatrist, can come in handy. In his book, Steve Peters, using the contrast of images of "Human" and "Chimpanzee", describes two parts of our brain, the frontal (Human) and limbic (Chimpanzee). These parts, initially developing independently of each other, gradually begin to reveal disagreements and enter into confrontation with each other on many issues. With the help of contrast, the author shows how destructive and emotional decisions made by the "Chimpanzee" can be canceled and neutralized by the constructive and logical conclusions of the "Human".

Key words: contrast, contrast of images, human brain, emotions, mind.

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