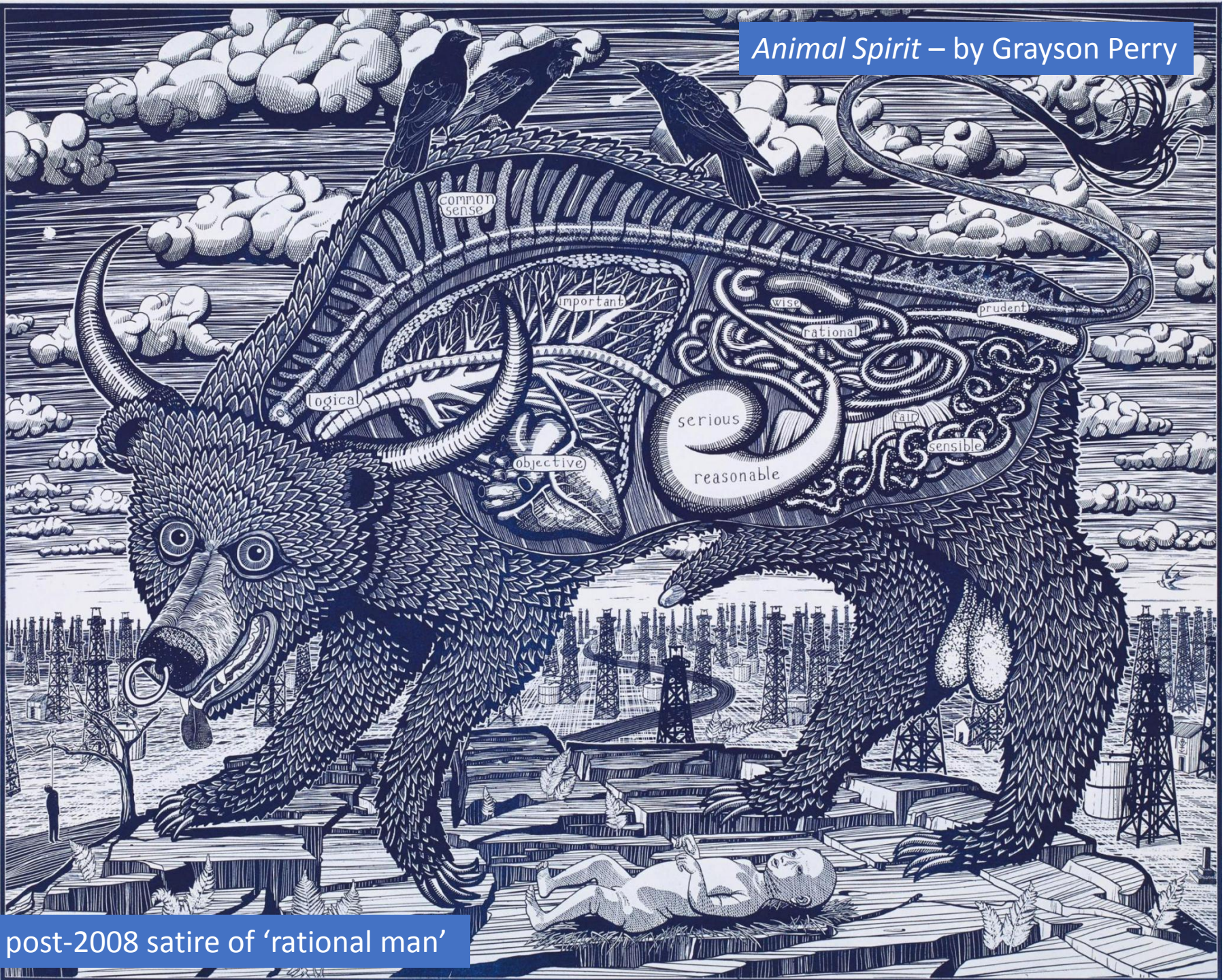'The mind programme that helped me win my Olympic Golds'
Sir Chris Hoy

A visual summary of *The Chimp Paradox* by Dr Steve Peters

Animal Spirit – by Grayson Perry

A post-2008 satire of 'rational man'

Daemons in *His Dark Materials*

The One Page Summary

Peter's presents a highly simplified, but *physically realistic* model of the **psychological mind**. A *trio* of independent thinking systems: **(1) human; (2) chimp; (3) computer.**

You can then *apply this model to help manage*: **(i) yourself in isolation** and **(ii) yourself in the context of others.** Peter's model is both powerful and interesting because is based upon a model mechanism of *machinery that we all possess*, rather than ideals and stories that may or may not be generally applicable. i.e. and often don't address *why* we might think & act in a particular way.

The ***Chimp Paradox*** describes the **high likelihood of conflict between the human and chimp systems**, and how this is often the root cause of undesirable behaviour.

speed = x1

speed = x5

speed = x20

Human
Rational thinking
Society rules
Self-development agenda

Chimp
Emotional thinking
Jungle rules
Self-survival agenda

Computer
Executes *pre-programmed* thoughts and behaviours.
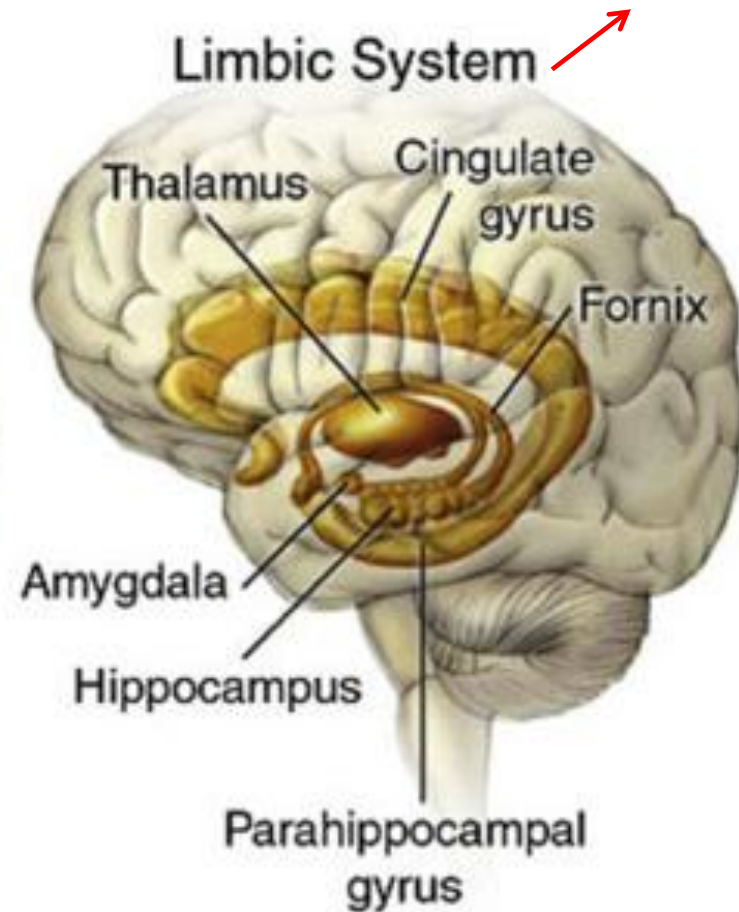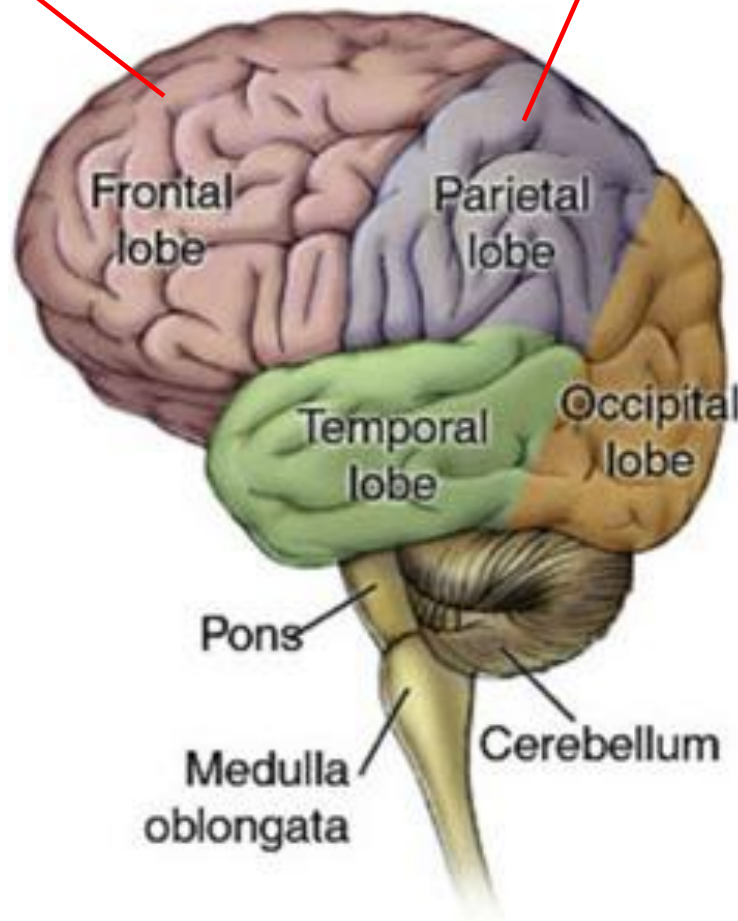Also a *reference library* of Information, Beliefs, Values

Human
speed = x1

Computer
speed = x20

Chimp
speed = x5

Crudely, **human**, **chimp** and **computer** systems correspond to *distinct physical brain structures*. Blood flow can be re-routed preferentially between them, so one can be more active ("in control") at any given time.

speed = x1

Human
Rational thinking
Society rules
Self-development agenda

"System 2"

speed = x5

Chimp
Emotional thinking
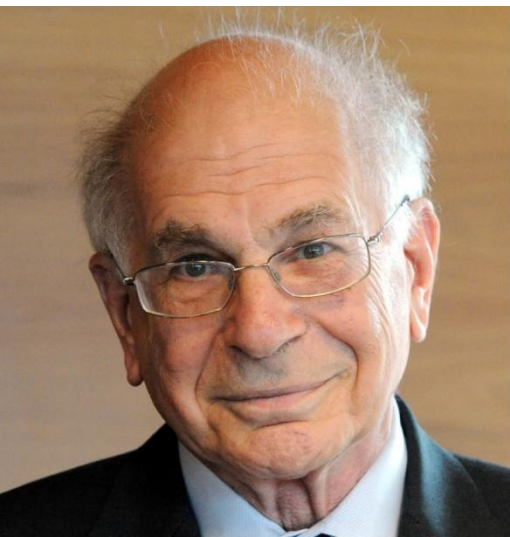Jungle rules
Self-survival agenda

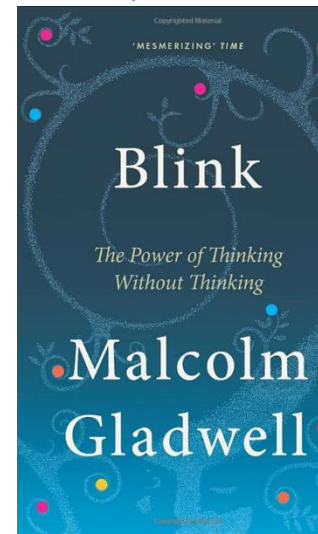**"System 1"**

speed = x20

Computer
Executes *pre-programmed* thoughts and behaviours
Also a *reference library* of Information, Beliefs, Values

THINKING, FAST AND SLOW

DANIEL KAHNEMAN

'MESMERIZING' TIME

Blink

The Power of Thinking Without Thinking

Malcolm Gladwell

So Peters wishes us to think like Spock?

The physical fact is all *homo sapiens* have brains that comprise of '**human**' (frontal lobes), '**chimp**' (limbic system) and '**computer**' (parietal) structures.

The full richness of our consciousness, what makes us who we are, *is the interplay between all three thinking systems.*

live long and prosper!

However, 'Vulcan thinking' is often **highly desirable in modern society**, which is probably why Peters assigns this the 'human' label. He is being aspirational. Also to *distinguish* 'chimp' thinking, which can often lead to problems if allowed to dominate our cognitive processes.

 + + =

But this *doesn't* mean chimp thinking must be suppressed – it is a root part of our minds and cannot be turned off. However, it can be *managed* so **human thinking is in control more often.**

The applications of Peters' model are presented via a 'solar system' of planets and their moons.

1. The Divided Planet

The differences between human, chimp and computer.

2. The Planet of Others

How {human$_i$, chimp$_i$} may interact with {human$_j$, chimp$_j$}

3. The Planet Connect

How to make communication effective

4. The Planet of the Real World

Jungle vs Society. How to deal with instant and chronic stress

5. The Planet of Shadows

Mental health, and the difference between malfunction and dysfunction

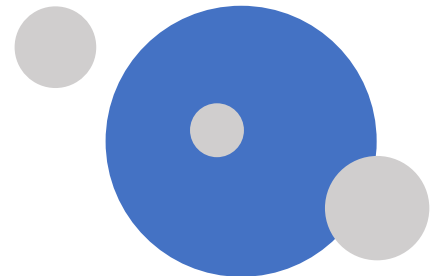# 6. The Planet of Success

A seven step plan. Dreams are *not* the same as goals

7. The Planet of Happiness
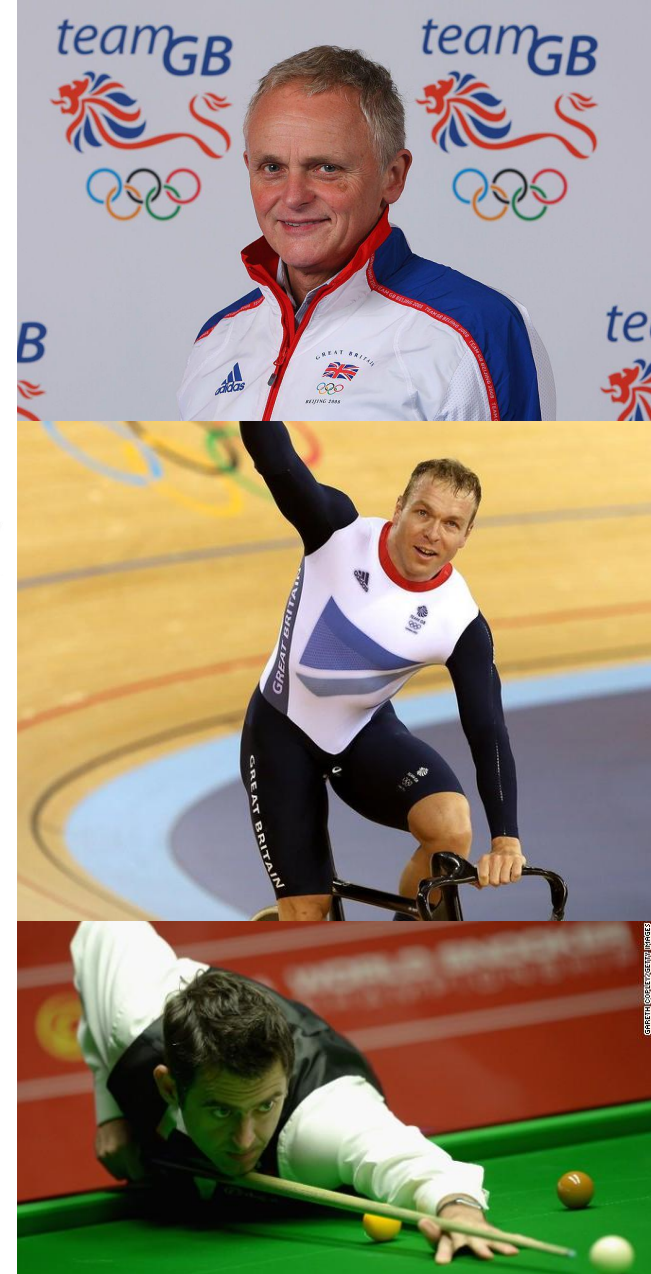
How to be: happy, confident, secure
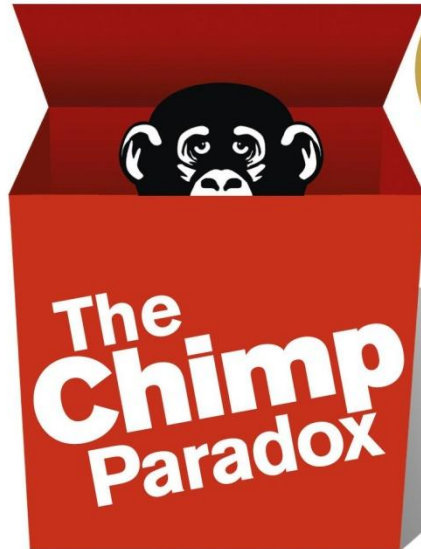
I really like analogies

But first, who is Dr Steve Peters?

- English NHS psychiatrist who works in elite sport.

   Originally a mathematics teacher!

- Has degrees in mathematics, medicine and medical education. Also postgraduate qualifications in sports medicine, education & psychiatry.

- His book *The Chimp Paradox* proposes a simple, *practical* model of the psychological mind and how people can learn skills to manage their thoughts.

- Has helped sports stars including Ronnie O'Sullivan, Steven Gerrard, Craig Bellamy, Sir Bradley Wiggins, Sir Chris Hoy and Victoria Pendleton.

- Teams he has assisted include the GB Olympic cycling team, Team Sky, England's Rugby Union side and Liverpool Football Club.

https://chimpmanagement.com/books-by-professor-steve-peters/the-chimp-paradox/

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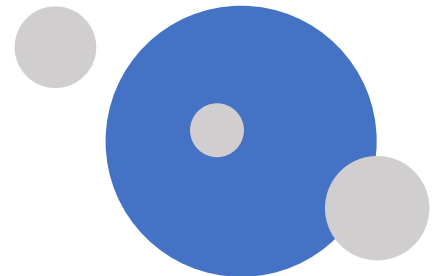
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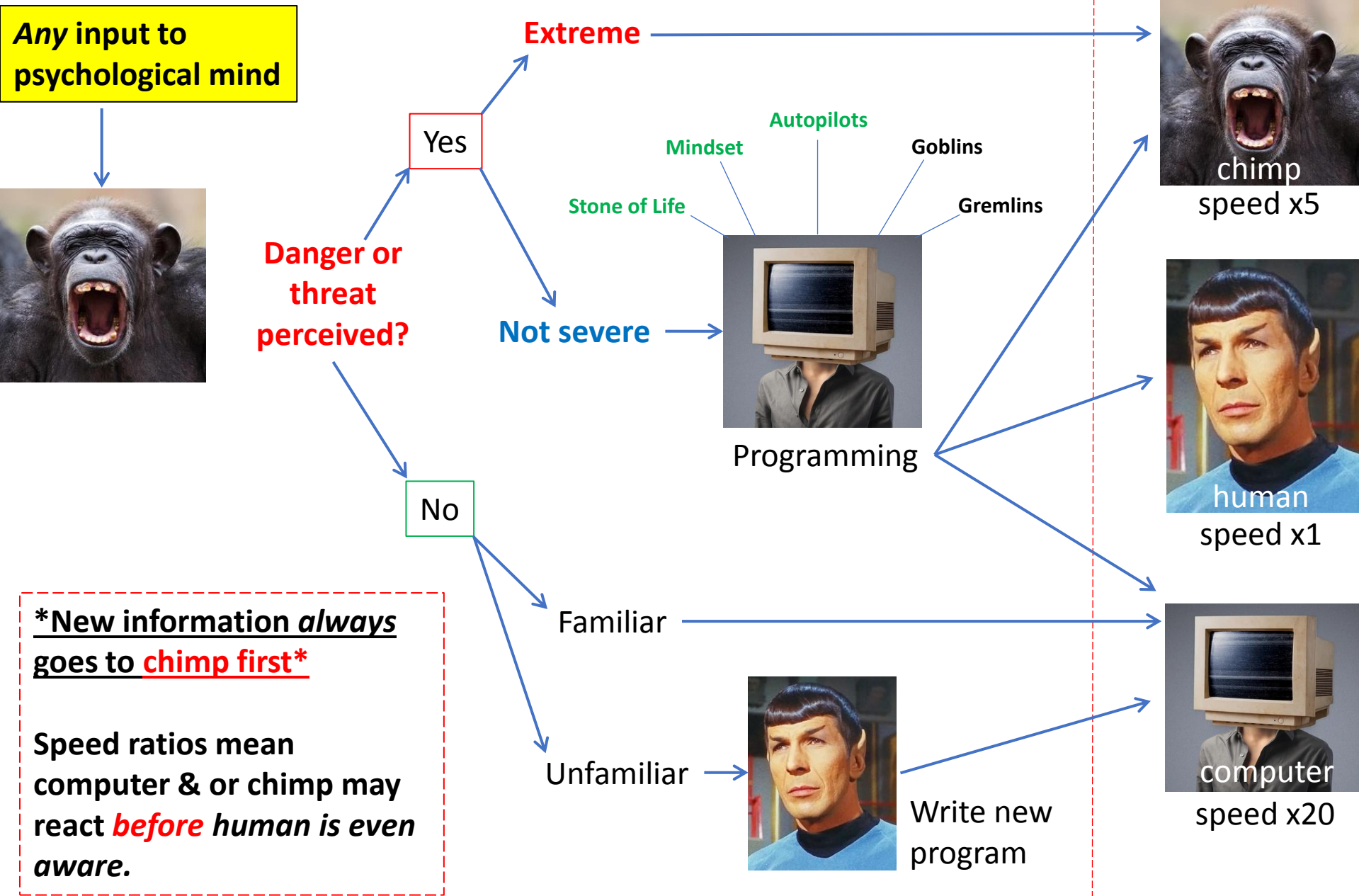Seven step plan. Dreams are not the same as goals

7. The Planet of Happiness
How to be: happy, confident, secure

The Psychological Mind Information Flow Model

Any input to psychological mind

Danger or threat perceived?

Yes

Extreme

Not severe

Mindset

Stone of Life

Autopilots

Goblins

Gremlins

Programming

chimp
speed x5

human
speed x1

No

Familiar

Unfamiliar

Write new program

computer
speed x20

*New information *always* goes to chimp first*

Speed ratios mean computer & or chimp may react *before* human is even aware.

speed = x1

Human

Rational thinking
Society rules
Self-development agenda

Can use **context**
Capable of **pragmatism**
Values are: **honesty, compassion, conscience**
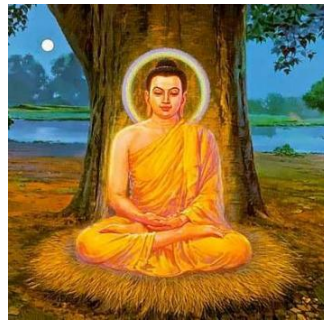Desire to be **law-abiding**

Drivers:
Self-control.
Sense of **purpose**
Achievement and **satisfaction**

Female human *same* as male human

speed = x5

Chimp

Emotional thinking
Jungle rules
Self-survival agenda

Info always goes to chimp first

Binary, **catastrophic** thinking
Paranoid, vulnerable
Forms **rapid, binary opinions**

Reacts to body language

Instinctive (fear, flight, fight response)

Urges (sex, power, ego, food, troop)

Female chimp *different* from male chimp

Overall: Chimp interprets new information emotionally,
... then gives an **offer** <u>to the human</u>
... who has a **choice** to **accept** or **reject** the offer
 (unless an **automatic response from computer** is initiated)

> So human can ultimately gain control, *if we can manage the chimp*. Chimp is too powerful to suppress, so we can only nurture, then manage. Three strategies:

1.   <u>Exercise:</u> Let the chimp 'vent' in a 'locked compound'. e.g. to friends (<u>NOT</u> colleagues!), or 'to the wind' during physical exercise. When particularly aroused, *the chimp will need to be exercised before the human can take control. Listen to the chimp, and <u>don't</u> comment.*

2.   <u>Box</u>: Apply **facts**, **reason**, **truth, logic** to *calm* the chimp down. Helpful to *physically write/draw/type* rather than just think. Human thinking is easier to perpetuate this way.

3.   <u>Distract</u>: i.e. 'bananas.' Create *positive emotion* via praise, approval etc.

The computer: the 'guiding moon' of Planet Chimp & Human (i.e. 'The Divided Planet')

Thinks and acts **automatically** for you using **programmed thoughts and behaviours.**

Reference source for **information**, **beliefs**, and **values**.

By chimp *and* human independently

Autopilots

Useful *automatic thinking*
(ride a bike, play guitar,
stay calm when stressed...)

Snow White ⟷ Alpha Wolf

Mindset Perception of **self**, **others** and the **world**

Stone of Life

The key reference source of *truths*, *values* and *purpose*

20x faster than human
4x faster than chimp

See **Planet of Others** 'connectivity or interface rules'
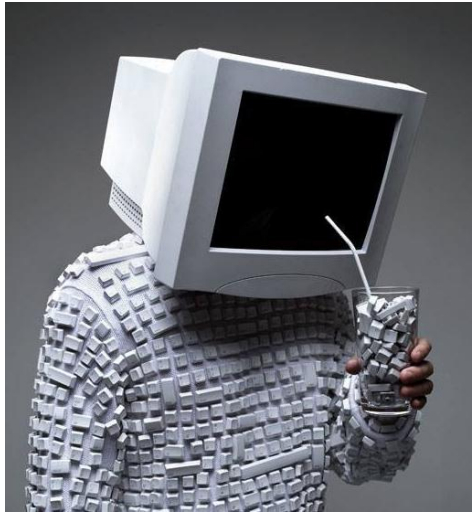
Goblins

Hard-wired unhelpful programs

(established in early childhood)

Gremlins

Soft-wired unhelpful programs

The Stone of Life:
Key reference source for both human *and* chimp

** Top tip ** Make your own Stone of Life poster

but not always *personal*

Being cheery and *personable* is always a good idea

'Common sense'

Values

Personal judgements & **beliefs**

Humanist principles

Religious doctrine

Truths of Life

Evidence based **facts**

e.g.
- *Laws of Physics*
- *You cannot be 100% certain*
- *Life isn't always fair*
- *Everything changes*
- *You can only persuade about 60% of people. 20% will like you whatever you do, 20% will dislike you whatever you do.*

A billion Facebook/Instagram/ TikTok Likes...

Be #1 at .....

Acquire wealth, possessions and power

Care for others

Life force

Raise/inspire a new generation

Your perception of **purpose**, your **mission**

Solve a problem for society

Be respected

Create calm and happiness around you

Goblins

Hard-wired unhelpful programs

Usually established in early childhood. **Very difficult to remove** but *can* be contained. via new **Autopilots**.

My worth is only based upon what I achieve

I am only good if others say I am

I will *never* have any aptitude for maths/art/music/sport/languages....

Relationships never last. You can't trust anybody

Being popular is more important than *anything* else

Even what is inscribed on my **Stone of Life**

Dogs/spiders/snakes are always dangerous

People from my background are inferior. I'll never make progress no matter how hard I work

Those people are my enemy

People will always judge me by my skin colour/gender/accent

Gremlins

'Soft-wired' unhelpful programs

Temporary – can be replaced by **Autopilots.**

My last boss was unkind. Therefore I should not trust authority

Facebook tells me everyone is more successful than me. I have wasted my life

I should *always* be on time, whatever the circumstance

I am too old to learn anything new, particularly information technology

Nobody listens when I have something to say

If I make a mistake it will haunt me forever, no matter what I do

I will never be as fit and happy as I was in my youth

My only identity is as a parent

Change "I should" or "I must" to "**I could**"

The Psychological Mind Information Flow Model

Reminder!

Any input to psychological mind

Danger or threat perceived?

Extreme

Yes

Not severe

No

Familiar

Unfamiliar

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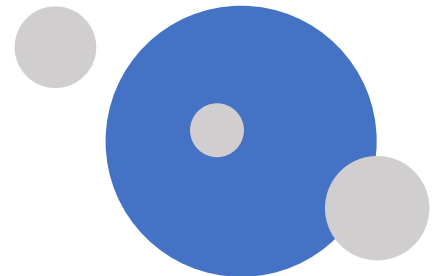Jungle vs Society. How to deal with instant and chronic stress

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How to be: happy, confident, secure

Mindset spectrum. Your default *computer* program for how to interact with others.

* Avoid the extremes! *

Both extremes are dominated by emotive **chimp thinking**

Snow White ⟵———————————⟶ Alpha Wolf

- Self image of perpetual innocence
- Passive
- Always a victim, never at fault
- At the mercy of others and circumstances
- No accountability
- No responsibility
- No power to change anything

- Dictator
- Control freak
- Personal success and sustained power is all
- Other people are irrelevant, and are expendable. It doesn't matter if they get hurt. Their opinions carry no weight

Psychopathy implies a distinct, and different brain function from the norm. It is not just a society label for 'bad people.'

Note if an Alpha Wolf is also a ***psychopath*** they will *not* be able to empathize and are typically devoid of conscience based Autopilots.

The Planet of Others has a Troop Moon

Human and chimp have **different troop requirements** which can lead to social problems, dysfunctional relationships, and heartache!

Chimp:
Belonging to a troop is key to survival, so a **strong urge**. *Enemies everywhere*, so troop is highly selective. Desire *superficial* qualities: power, good looks, material wealth etc.

Troops are *not fixed*. You have a **choice** who is in it. *Opinions outside of **your** troop are less important*. Troops are mutually beneficial. **All members gain from and contribute to the troop**.

Human:
Thinking follows Society Rules, i.e. social values.
Hence strong desire to socialize.
Desire human value qualities.
But all of humanity can't be in your troop. You can't please everybody, but humans will want to try. About 20% will not like you whatever you do. Accept this fact and move on.

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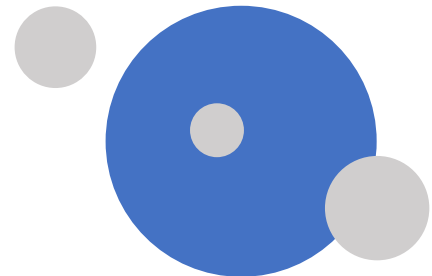Jungle vs Society. How to deal with instant and chronic stress

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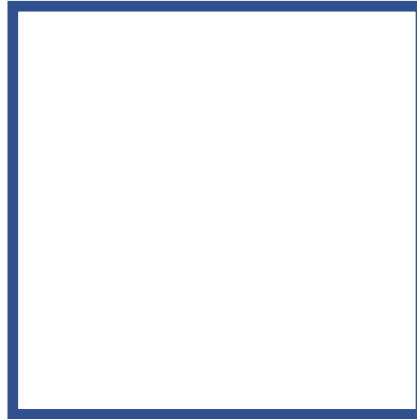How to be: happy, confident, secure

The Square of Communication

Unless you have a **complete square.** reschedule a meeting! Don't confuse a two-way meeting with a process to exercise (i.e. vent) your chimp.
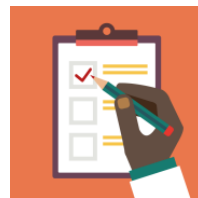

For important meetings:
• Written agenda circulated beforehand
• Summary of meeting agreed afterwards (there may be differing minutes in disputes, and future meetings may require mediation).
• Be _personable_ (_not_ always _personal_) and **respectful**, _even_ if you disagree.

Enough time to say what you need to say.
To **check** the message has been **understood**,
and to **begin a dialogue.**

Right place

Safe, tranquil, quiet environment.
Won't be disturbed or eavesdropped.

KEEP QUIET or **USE MEETING ROOM**

Right time

Right way

Yes we can

Right agenda

Want *human to human dialogue,*
So consider likely **agenda(s)** of **your** chimp *and* **the other chimp**. You may have to manage *both* chimps.

Positive body language
Intonation: **Clear**, **calm** and **unhurried**
Avoid emotive language
Avoid overly emotive delivery but **some emotion** is necessary if you wish to inspire!

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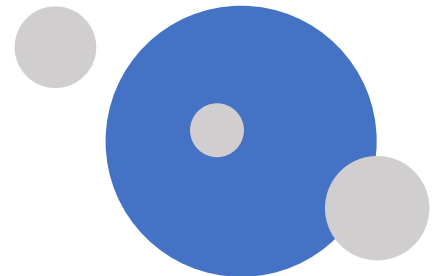
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The Planet of the Real World

A reminder that human and an chimp make sense of the **Real World** in *different* ways.

speed = x1

speed = x5

Human

Social rules
Driven by **life quality**
and **humane values**

Chimp

Jungle rules
Driven by **survival instinct** and
other **primitive desires**

The **computer** takes input from *both* human and chimp and creates a **model of the Real World** that acts as a **reference** for *both* human and chimp.

How is this new information *similar* to what I have experienced before?

speed x20

Any Autopilots I can use?

The Moon of Instant Stress (and how to deal with it)

You need to program an **Autopilot**. The recipe is as follows:

1. **Recognize you are under instant stress.** *Chimp gets information first* so almost certainly will react first. Use the word *CHANGE* to remind you that you need to **change your immediate reaction**, which *will be chimp thinking*.

BEFORE YOU REACT...

PAUSE

HIT THE PAUSE BUTTON

i.e. on **Stone of Life**

MR. CHEERFUL
Roger Hargreaves

2. Imagine hitting a **PAUSE** button for your chimp.

3. Physically or mentally **DISTANCE** yourself from the situation.

4. **SURVEY** the situation from an imaginary Helicopter. The problem may look smaller and will be placed in a wider context.

5. Ask **QUESTIONS**: Is this stress permanent or fleeting? Does this relate to the *really important* things in my life?

6. Form a **PLAN** to remove the stress. Consider whether the chimp or human will act on the plan.

7. **SMILE** and seek humour in the situation!

JAN-MICHAEL VINCENT   ERNEST BORGNINE   ALEX CORD

AIRWOLF
||||THE COMPLETE COLLECTION
SEASONS 1-3

UNIVERSAL

11 x Discs   HIGH FLYING ACTION NOW IN HIGH DEFINITION

Useful reflective techniques that could form part of stress-busting Autopilots

AMP
You can't sensibly gather any more information. Sometimes a decision may prove to be dire with the annoying power of hindsight. **A**CCEPT the situation, make a decision, and **M**OVE ON with a **P**LAN

Time Machine
Imagine recalling a stress situation *decades in the future*. Would it still matter?

Look back not forward
Start from **where you are**, and **reflect how far you have come** and **what resources you possess**. Temporarily *ignore where you want to be and what you want* until the stress has passed.

The Moon of Chronic Stress (and how to deal with it)

Relaxation techniques, and *schedule time for relaxation*

Learn to **let go** worthless thoughts such as "beating yourself up" over past mistakes that have been dealt with.

Delegate

Ask for help

Be realistic

Get perspective

You are in charge of your feelings and reactions (but 'you' *might* be your chimp)
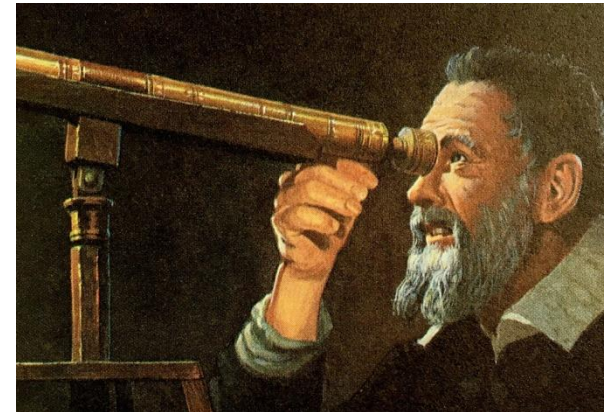
Look *beyond the problem* to **solutions**

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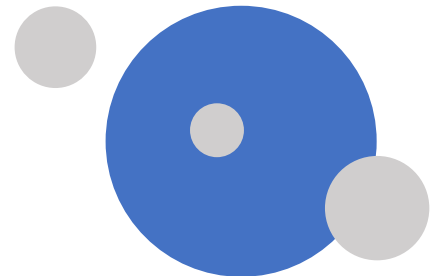Jungle vs Society. How to deal with instant and chronic stress

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Know the *difference* between **MALFUNCTION** and **DYSFUNCTION** when keeping the psychological mind healthy:
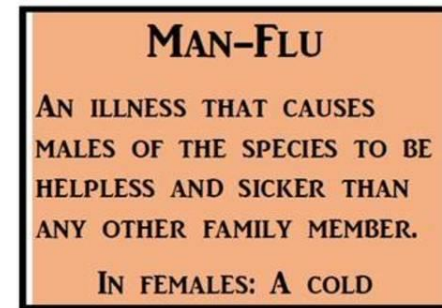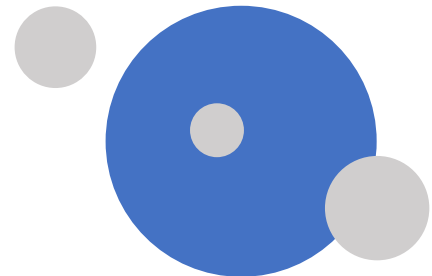
MALFUNCTION

The machine is not working. You are ill. Take responsibility to seek treatment.

DYSFUNCTION

The machine is not working properly. Take responsibility to work on *maintenance* of physical and mental health.

MAN-FLU

AN ILLNESS THAT CAUSES MALES OF THE SPECIES TO BE HELPLESS AND SICKER THAN ANY OTHER FAMILY MEMBER.

IN FEMALES: A COLD

How many of us *ignore a dysfunction* until it *becomes a malfunction?*

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The **Planet of Success** has three Moons

The Regal Moon
Which *realm* are you operating in, and *who wears the crown*? Are *you* the **Monarch** or **Subject**, or does a **Committee** run the realm?

The CORE moon
Commitment **O**wnership **R**esponsibility **E**xcellence

The Moon of Carrots (which is *not* the Moon of Sticks)

The Regal Moon

Which *realm* are you operating in, and *who wears the crown*? Are *you* the **Monarch** or **Subject**, or does a **Committee** run the realm?

You will operate in *different* realms, perhaps simultaneously, and many will <u>not be yours</u>!

Society laws   Physics laws

• In *your* realm, **you wear the crown**, although *even you may be constrained by Realm Rules.* **<u>Choose Advisors carefully</u>**. A Monarch seeks the opinion of Advisors and behaves politely to Subjects (but doesn't seek their opinion).

• If you don't wear the crown <u>*you are not in charge*</u>. If you are chosen as an Advisor, offer counsel when called for, but <u>*don't be too upset if advice is not taken up*</u>.

• Subjects should always treat the Monarch with respect, but that doesn't mean being walked over. If you **cannot agree with a Monarch's decision, <u>move on to other realms.</u>** *Unless* you wear the crown, *or* become an Advisor, *or* can form part of Committee via the Realm Rules, you <u>do not have the power to change things</u>. Accept this fact.

The CORE moon
Commitment **O**wnership **R**esponsibility **E**xcellence

For success to occur, it is **commitment** *not motivation* that matters.
Chimps are motivation driven, **humans are commitment driven.**

Commitment Screen. Yes this could probably be the basis of a form to fill in!

1. What I need to perform a task (e.g. climbing a rock face)
Essential requirements (e.g. rope system, harness, helmet for rock climbing, how to set these)
Significant requirements (e.g climbing grade, climber fitness/skill, weather conditions)
Desirable requirements (e.g. fancy shoes, chalk, motivational music, your favourite flapjacks)

2. Solutions ready for likely difficulties that may arise
Hurdles (e.g. No safe location for setting up rope system. You can't 'get around' this).
Barriers (e.g. No sensible access to base of a sea cliff, so you need to abseil down first).
Pitfalls (e.g. Loose rocks, and difficult places to place safe protection, or a tricky move. Wear a helmet and put lots of protection below – i.e. *assume* you may fall).
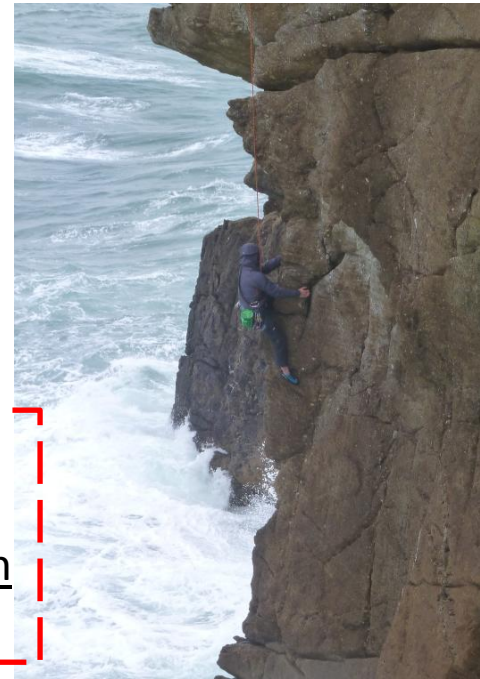
To **achieve excellence** you need:
1. To pass the **Commitment Screen**
2. A **plan** for which you have ownership and responsibility for execution
3. A desire to strive for *personal* excellence in the execution of the plan

The Moon of Carrots (which is *not* the Moon of Sticks)
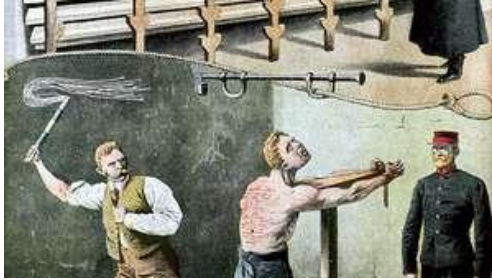
Civilized society replaces **Sticks** with **Carrots**

In modern society, physical violence is mercifully rare. More common Sticks (which can often be *self inflicted*) are:

- Guilt
- Blame
- Regret
- Beating yourself up

Note putting someone else in a constant guilt trip loop over past actions that have been dealt with is an **ABUSIVE REMINDER**. *Don't do it*, move on.

So **be prepared to take advantage of opportunity**
but a *civilized society **must provide opportunities***
in order for its citizens to flourish.

success
starts with
opportunity

The secret of success is to be ready when your opportunity comes.

Benjamin Disraeli

The 7 Ps

Prior Preparation and Planning Prevents Perennially Poor Performance
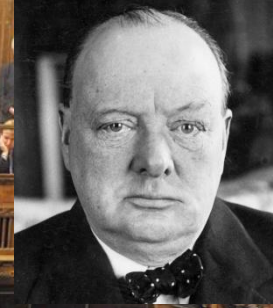
A civilized society? Human or Chimp thinking?
Aspire for human, but anticipate *both*
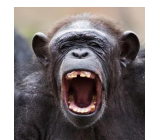
How to Plan for Success

1. The **Dream**: something you *want to happen* but *is not totally within your control.* **Goals**, which you *can* control, *support* dreams.

Dreams engage the chimp, **Goals engage the human.**

2. **Target** (*just* out of reach) and **Maintenance Goals** are the *foundation stones* of your Dream. Work out what these are, and *commit to only one or two at a time*.

3. Perform a **Commitment Screen**. (i.e. visit the **CORE** Moon).

4. Make a **SMARTA** Plan (**S**pecific, **M**easurable, **A**chievable, **R**ealistic, **T**imebound, **A**greed). *Write it down* and get a trusted friend to see if it makes sense.

5. **Monitor stages of success** with charts and visuals. **Celebrate** **completion of stages.** **Share** the journey with a friend, but don't boast about it to colleagues.

6. **Audit progress**. Consider *sources* of **problems** in this order: **1) You**; **2) Circumstances**; **3) Others**. This is *human thinking. The chimp will invert this order.*

7. Watch out for chimp-driven post-success emotions:

..... Complacency ..... Fear of losing Success ..... Success wasn't as good as I imagined

.... This recent Success was not enough, I want *more, immediately ....*

- **Partial success** may be acceptable. You *don't always need to Win or Lose*
- **Failures need not be catastrophic**. Failures may actually be helpful to sharpen problem solving skills for future dreams.
- "Anything in life is *only important as you want it to be*."

"A PERSON WHO NEVER MADE A MISTAKE NEVER TRIED ANYTHING NEW."
ALBERT EINSTEIN
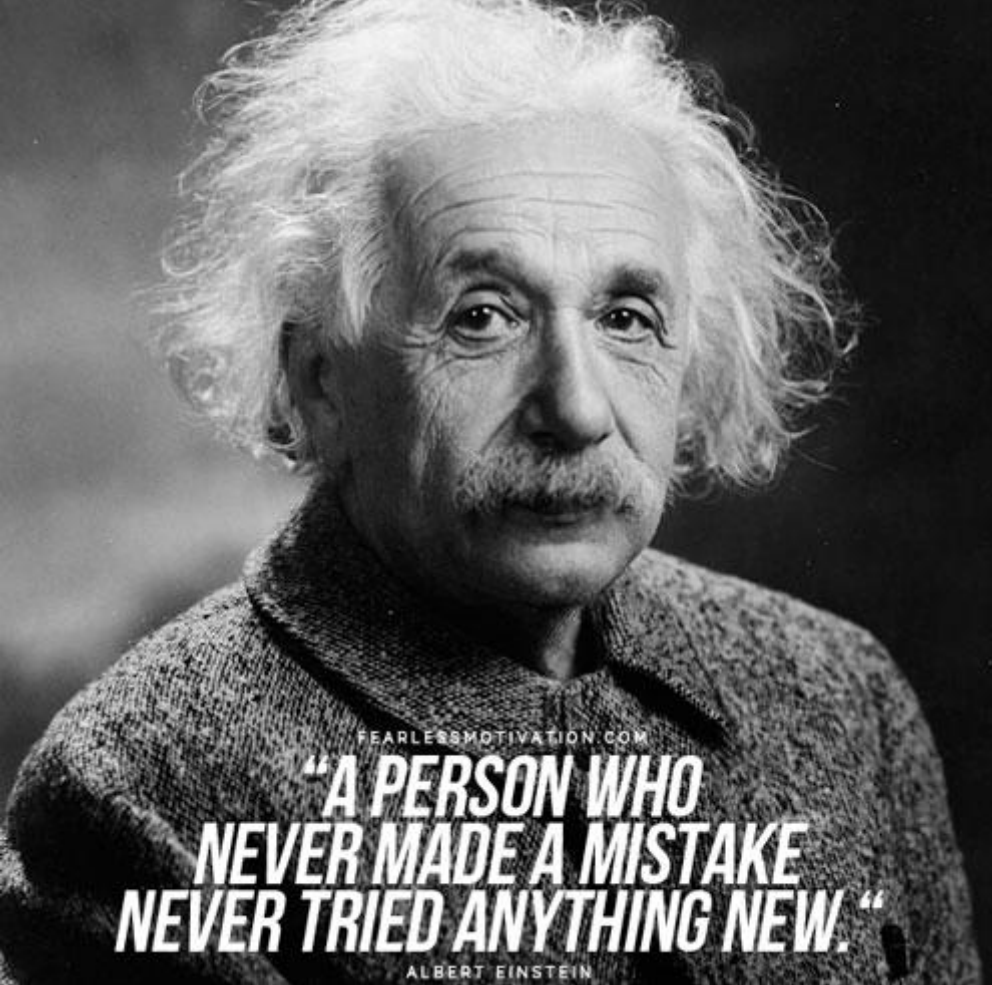
FEARLESSMOTIVATION.COM
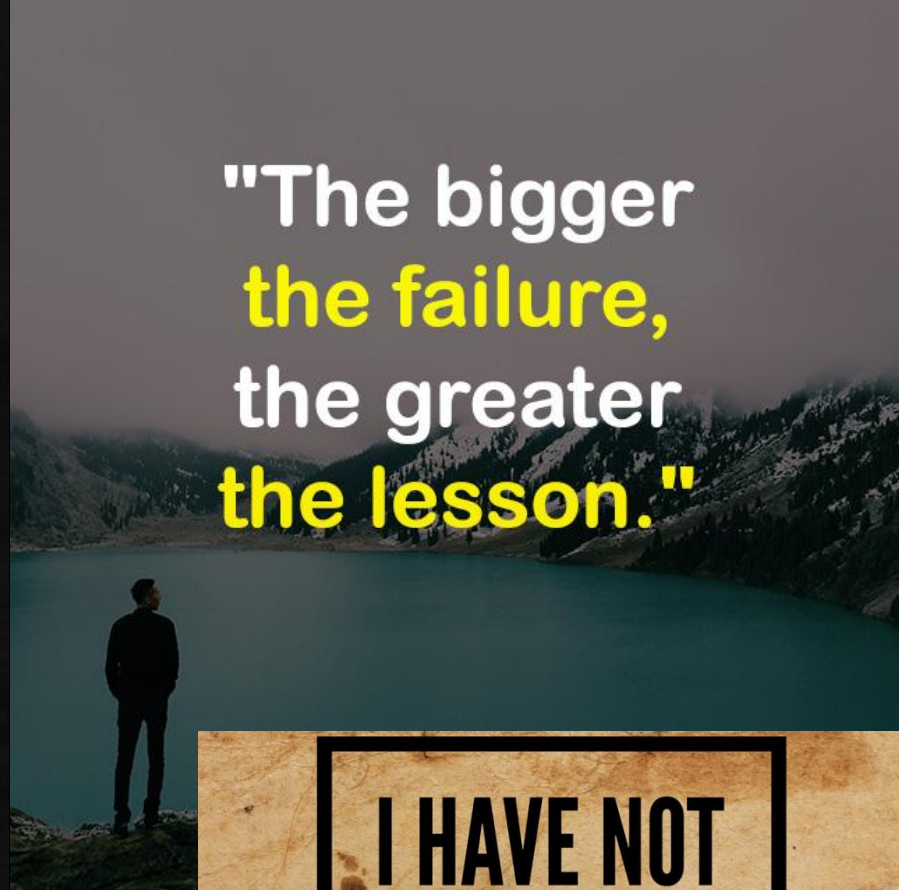
"The bigger the failure, the greater the lesson."

I HAVE NOT FAILED. I'VE JUST FOUND 10,000 WAYS THAT WON'T WORK.

Thomas A. Edison

SUCCESS.com

Success consists of going from **failure to failure** without loss of enthusiasm.

- Winston Churchill

Goalcast

The applications of Peters' model are presented via a 'solar system' of planets and their moons.

1. The Divided Planet
The differences between human, chimp and computer.

2. The Planet of Others
How {$human_i$, $chimp_i$} may interact with {$human_j$, $chimp_j$}

3. The Planet Connect
How to make communication effective

4. The Planet of the Real World
Jungle vs Society. How to deal with instant and chronic stress

5. The Planet of Shadows
Mental health, and the difference between malfunction and dysfunction

6. The Planet of Success
Seven step plan. Dreams are not the same as goals

7. The Planet of Happiness
How to be: happy, confident, secure

The Planet of Happiness

Having list:
- Achievements
- Possessions
- Positive emotions
- Physical fitness
- Intellectual stimulation

Being list:
- Self worth (your assessment of your worth as a person)
- Self image (how you see your personality & presence)
- Self confidence (what you believe you are capable of doing)
- Self esteem (how you compare yourself to others)

MASLOW'S HIERARCHY OF NEEDS

ABRAHAM MASLOW

MORALITY, CREATIVITY, SPONTANEITY, PROBLEM SOLVING, LACK OF PREJUDICE, ACCEPTANCE OF FACTS
SELF-ACTUALIZATION

Abraham Harold Maslow (April 1, 1908 - June 8, 1970) was a psychologist who studied positive human qualities and the lives of exemplary people. In 1954, Maslow created the Hierarchy of Human Needs and expressed his theories in his book, *Motivation and Personality*.

SELF-ESTEEM, CONFIDENCE, ACHIEVEMENT, RESPECT OF OTHERS, RESPECT BY OTHERS
ESTEEM

FRIENDSHIP, FAMILY, INTIMACY
LOVE/BELONGING

Self-Actualization - A person's motivation to reach his or her full potential. As shown in Maslow's Hierarchy of Needs, a person's basic needs must be met before self-actualization can be achieved.

SECURITY OF BODY, OF EMPLOYMENT, OF RESOURCES, OF MORALITY, OF THE FAMILY, OF HEALTH, OF PROPERTY
SAFETY

BREATHING, FOOD, WATER, SLEEP, HOMEOSTASIS, EXCRETION
PHYSIOLOGICAL

Maslow proposes a *hierarchy* of our needs, rather than a list.

However, Peters is perhaps more specific about *what is on the happiness list.*

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MORALITY, CREATIVITY, SPONTANEITY, PROBLEM SOLVING, LACK OF PREJUDICE, ACCEPTANCE OF FACTS

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The Moon of Confidence

- Confidence based on **ability** gives power to the **chimp**
- Confidence based on **opportunity to give your best** gives power to the **human**

The Moon of Security

- Chimp is *paranoid* and sees either ***catastrophic mortal danger***, or ***100% secure relaxation****.* i.e. binary, extreme views.
- Human is *aware that all risk <u>cannot be avoided</u> and must be accepted*. Human has a *responsibility to manage the chimp*, **via the programming of an appropriate Autopilot.**

Remember, <u>the chimp gets information first</u>, and the <u>Computer works 20x faster than a human</u>. So a chimp-activated Autopilot may occur *before the human is even aware of what is going on.*

This is perhaps the most important take-home message of this presentation.
The *human is responsible* for programming Autopilots to help <u>manage their chimp</u>. Autopilots increase the chance of better responding to day-to-day stimuli, *particularly* those associated with stressful situations.

'The mind programme that helped me win my Olympic Golds'
Sir Chris Hoy

SUMMARY

[Wiki summary of The Chimp Paradox](#)

The One Page Summary

Peter's presents a highly simplified, but *physically realistic* model of the **psychological mind**. A *trio* of independent thinking systems: **(1) human; (2) chimp; (3) computer.**

You can then *apply this model to help manage*: **(i) yourself in isolation** and **(ii) yourself in the context of others.** Peter's model is both powerful and interesting because is based upon a model mechanism of *machinery that we all possess*, rather than ideals and stories that may or may not be generally applicable. i.e. and often don't address *why* we might think & act in a particular way.

The ***Chimp Paradox*** describes the **high likelihood of conflict between the human and chimp systems**, and how this is often the root cause of undesirable behaviour.

speed = x1

Human
Rational thinking
Society rules
Self-development agenda

speed = x5

Chimp
Emotional thinking
Jungle rules
Self-survival agenda

speed = x20

Computer
Executes *pre-programmed* thoughts and behaviours
Also a library: Information, Beliefs, Values

Psychological Mind Information Flow Model

Controlling thinking system
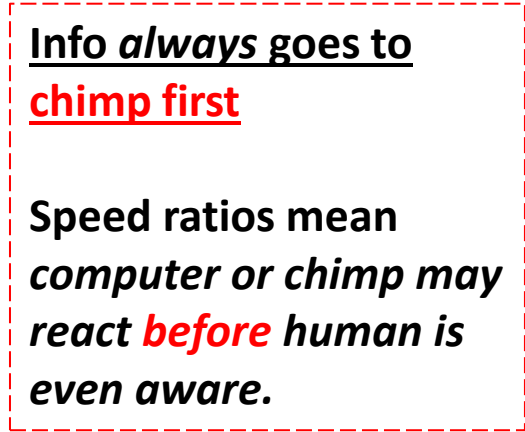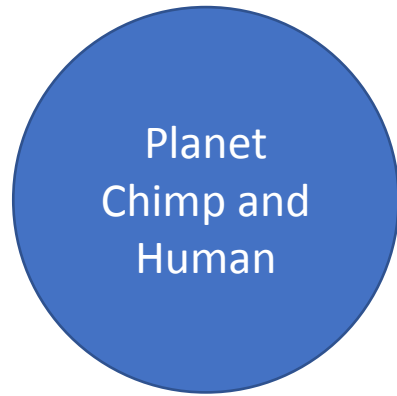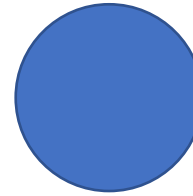
The Planet of Others

The Guiding Moon

Snow White to Alpha Wolf mindset spectrum

Planet Chimp and Human

The Troop Moon

Divided planet

Chimp and human program a computer model

Planet of the Real World

The Square of Communication
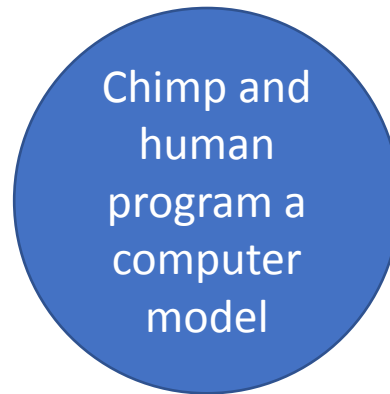
Chronic Stress Moon

The Planet Connect
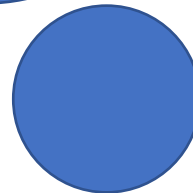
Autopilots!

Instant Stress Moon

Regal moon

Malfunction vs Dysfunction
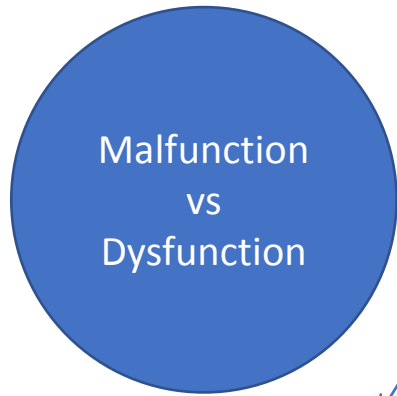
I'd call this the **Planet of Health** but perhaps Peters is alluding to the negative

Planet of Shadows

Commitment Screen

CORE moon

7 step plan from dream via goals

Planet of Success

Carrot moon

Confidence

Having and Being lists

Planet of Happiness

Security

The Chimp Paradox — Visual synopsis

Visual synopsis

Don't think your chimp is bad. Sometimes you really need a chimp.

QUESTIONS

Misc illustration elements