



THE INNER GAME *of* STRESS

BEATING STRESS MEANS EVERYONE WINS

Legendary Executive Coach Teams with Westlake MDs to Beat Stress and Win at Life and Health

by Jacquie Van Wagner

The latest offering by executive coaching guru Tim Gallwey doesn't aim at improving our game in the boardroom, on the course or even on the court. *The Inner Game of Stress* takes aim at the most critical game of all—our health and well being.

Founder of the executive coaching movement (methodology he developed for sports, then adapted to excellence in business), for 3 decades Gallwey has been applying his Inner Game approach to the corporate world for clients including AT&T, IBM, and Apple Computer. To write *Inner Game of Stress* he teamed with two MDs who'd been seeing significant improvement from patients they'd been coaching. Rather than improving performance in sports or sales, their new book offers simple and effective tools to help improve our health.

Horton and Hanzelik (general practitioners with a travel medicine sub-specialty and an impressive client list including Amgen) also have their fingers on the pulse of stressed-out executives. While Gallwey consulted with CEOs, Hanzelik and Horton grew a thriving medical practice in Westlake Village. In 1992 they started conducting workshops in response to staggering numbers of patients suffering from chronic stress-related problems. The workshops produced results; people got better.

The authors bring an impressive body of experience and a proven track record to their book. Gallwey is a Harvard graduate. Besides being a prominent sports psychologist and Best Selling Author, he served as an officer in the US Navy. Hanzelik is a Board Certified Internist educated at Columbia and Albert Einstein School of Medicine. During the 1970s he worked in the rural South with the CDC. Horton studied at Dartmouth, Columbia and Duke School of Medicine. As an undergraduate he spent time in India and worked for Flying Doctors of Africa.

The Inner Game of Stress is the culmination of their 20-year practice employing an integrative, patient-centered approach before these were buzz words in medicine. Teaming with Gallwey was a perfect fit for coaching patients away from the toxic effects of chronic stress.

The Inner Game of Stress is straightforward, thoughtfully illustrated and fun to read. Part One explains the Game of Stress, helping us identify our personal stressors. Part Two covers the basics of Outsmarting Stress, offering exercises to help us become the CEO of our lives. Part Three offers eight stress-busting tools that readers can adapt to be healthier and feel better. It's the sort of book you'll pass on to friends and VPs in your organization. Applying these proven principles results in overcoming obstacles at work and improving health and family relationships.