



THE INNER GAME *of* STRESS

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W. TIMOTHY GALLWEY'S NEWEST ADDITION TO THE INNER GAME SERIES: ***THE INNER GAME OF STRESS: OUTSMART LIFE'S CHALLENGES AND FULFILL YOUR POTENTIAL*** TO BE RELEASED BY RANDOMHOUSE ON AUGUST 16.

New York, NY (July 9, 2009)— W. Timothy Gallwey's new novel, the eagerly awaited follow-up to his #1 international phenomenon, The Inner Game Series, an international best-seller with more than 1.2 million copies in print worldwide, will be published in the U.S. and Canada by Random House on August 18, 2009. The Inner Game series applies sound psychological principles to the art of peak performance. This newest addition to the Inner Game Series entitled: The Inner Game of Stress: Outsmart Life's Challenges and Fulfill Your Potential, co-authored with longtime friends and renowned stress experts by Drs. John Horton, MD and Edd Hanzelik, MD, employs the principles of the Inner Game to coach readers in the development of inner stability. Instead of allowing harmful emotions to cause long-term damage, readers can use simple tools to achieve stability and wisdom. The Inner Game of Stress stands apart from the competition with its promise that the consequences of stress can be prevented, not just managed-and provides practical tools to make that happen.

Written in Gallwey's accessible, anecdote-rich style that has attracted a huge following for previous books in the Inner Game series, The Inner Game of Stress will permanently change the way people think about and react to daily stress.

For over ten years, Drs. Horton and Hanzelik have held classes and workshops to give patients the tools to live free of unnecessary stress. In addition to examining the physical aspects of stress like depression, anxiety and weight gain, among others, they provide an overview of the biology of stress and ways to shield oneself from and eliminate unnecessary stress in our lives. Says Dr. Hanzelik, "Stress profoundly affects our physical, mental, emotional and social well-being. The Inner Game of Stress provides proven strategies to battle everyday stress, the root cause of many of today's ailments."

"There is always an inner game being played in your mind no matter what outer game you are playing. How

aware you are of this game can make the difference between success and failure in the outer game." –W.

Tim Gallwey

The Inner Game of Stress will once again apply Gallwey's sound psychological principles to the art of peak performance.

For more information, please visit

www.innertimeofstress.com