



# THE INNER GAME *of* STRESS

## **Two Westlake Village MDs team with sports and business psychology guru Tim Gallwey to present seminars based on their new book *The Inner Game of Stress*.**

After three decades of coaching top executives to stress-free success, Tim Gallwey, founder of the sports and executive coaching movement, had a breakthrough: winning the inner game of business can only occur after beating the inner game of stress. At the same time, Westlake Village Drs. John Horton, and Edd Hanzelik who'd been seeing significant improvement from patients they'd been coaching were coming to the same conclusion in their practice: Beat stress, win at life and health.

They collaborated on the new book, *The Inner Game of Stress*, published by Random House this August. In addition to practicing general medicine with a sub-specialty for international business travelers, the doctors and Gallwey have been offering classes and small workshops to patients in Westlake Village and Thousand Oaks for nearly 2 decades. Now they are taking them on the national circuit.

Both the book and the classes are based on the principles adapted from Tim Gallwey's internationally bestselling book, *The Inner Game of Tennis* which has helped athletes with on-the-court performance and executives with boardroom obstacles. The Inner Game approach has been used by everyone from head coach of USC football Pete Carroll and former NBA player and Coach Phil Jackson to President Jimmy Carter and violinist Itzhak Perlman.

In conversations with his friends Dr. John Horton and Dr. Edd Hanzelik over the past 30 years, Gallwey came to realize that stress was a lot more serious than just being a barrier to performance...it was a doorway to disease. In fact, it's estimated that up to 75 percent of all visits to primary care physicians are for stress-related complaints or disorders. The three saw an opportunity to make a difference with people that transcended performance, a chance to change not just tennis serves and egos, but health and quality of life.

At 71 years of age Gallwey still keeps a bustling travel schedule spending several weeks per month coaching executives while Hanzelik and Horton, both 66, hold down a thriving medical practice. The three are colorful characters: Gallwey, a Harvard graduate served as an officer in the Navy and founded a Liberal Arts College in

the Midwest. Hanzelik met his wife while volunteering in the rural south several decades ago with the CDC while Horton spent time with the Flying Doctors of Africa, and lived for several years in Japan.

The Inner Game of Stress Workshops and Seminars are the culmination of years of research and work with their patients in medical and small group settings. Horton and Hanzelik have been in practice together for 20 years, employing an integrative, patient-centered approach long before alternative therapies were acknowledged in their profession. Gallwey has spent three decades coaching top athletes and executives. As a team the three friends refined the Inner Game techniques, developing workshops to help *everyone* be free from the toxic effects of chronic stress.