



THE INNER GAME *of* STRESS

Talking Points for:

The Inner Game of Stress: Outsmart Life's Challenges and Fulfill Your Potential

By W. Timothy Gallwey with Edd Hanzelik, M.D., and John Horton, M.D.

Renowned guru of sports psychology Timothy Gallwey is the author of the 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.

Gallwey 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. In his new book with Drs. Horton and Hanzelik, ***The Inner Game of Stress: Outsmart Life's Challenges and Fulfill Your Potential***, Gallwey has created a revolutionary program for overcoming the self-doubt, nervousness, and lapses of concentration that prevent people from being effective and achieving their goals.

The authors write about and can discuss in an interview:

- **The Four Rs:** The American cultural default is to be doers to the extreme, to push ourselves past the limit. Often Dr. Horton and Dr. Hanzelik's patients have a hard time understanding Rest, Relaxation, Recreation, and Reflection are not just "nice to have," but are absolutely essential to life and health.

- **The Inner Game Learning Code – ACT:** Working for over thirty years with the Inner Game, Gallwey has focused on only three simple, yet crucial principles of learning. Awareness tells you where you are. Choice tells you where you want to be. Trust in your own inner and outer resources is the key ingredient to movement toward your desired outcome.

· **How to Build a Personal Shield:** Once you've identified your inner resources (such as Clarity, Humor, Creativity, Compassion), you can choose four or five to construct a Personal Shield which, in the face of stressors, gives you a chance to create a conscious, effective defense to protect yourself.

· **The Wisdom System:** As scientist Paul MacLean theorized, we have three brains. One is a primitive brain focused on individual survival, which is limited to attack, flee, or freeze in response to challenges; the second is a more refined mammalian brain that has the capability of learning, memory, and recognition; and the third, highest component is the human brain which is involved with most advanced mental activities. Most of the stress we experience cannot be handled well by the primitive or mammalian brains, with their limited capacities. Only by accessing our unique human brain can we step back, reflect, and take conscious action. In fact, a large part of neurobiological studies of meditation and mindfulness centers on this unique human ability to reflect. The inner game model and tools teach reflection without cultural or religious associations.

· **Inner Game Tool #1 – STOP:** There are many instances when negative momentum takes over, such as when your first conference call on Monday goes poorly and suddenly you tell yourself the entire day, maybe week, is ruined. How do you halt this unconscious momentum? Make the shift to being conscious by Stepping back, Thinking about the truth of the situation, Organizing your thoughts, and then Proceeding.

· **Inner Game Tool #4 – Trying on a New Attitude:** Many people think their attitude is part of who they are, but changing it is not difficult if you just become aware of it. Gallwey coached tennis players with high swings to become aware of their incorrect form by just having them state out loud where the ball hit their racquet. By just becoming aware of where the ball hit the racquet, they were able to access their correct-form swings to better face the oncoming ball. In the same way, by being aware of what attitude they have in a stressful situation, readers are able to assess how they came to have that attitude and try on fresh attitudes culled from their inner resources to better face their stressors.

· **Inner Game Tool #8 – The PLE Triangle:** When the Inner Game is being played well, three things happen: performance is excellent, learning is occurring naturally, and enjoyment is present. Stress starts with the imbalance of setting and achieving performance goals, but ditching learning and enjoyment. Making a commitment to all three is what leads one to be a human *being*, not just a human *doing*.

The concepts in **THE INNER GAME OF STRESS** are expressed through Gallwey's clear and memorable anecdotes, examples, and coaching tools, with the added material of Dr. Horton and Dr. Hanzelik's engaging stories from actual patients suffering from stress issues every day. There are several other Inner Game tools and accessible lessons in this title.