

# VenturaCountyStar

## Book addresses problems tied to stress

### Readers need to tap inner resources

By [Gareth Dodd](#)

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From left, John Horton, W. Tim Gallwey and Edd Hanzelick collaborated to write the book “The Inner Game of Stress,” which will be on the market in August.

Stress is a factor in more than 75 percent of all visits to primary care doctors, according to an estimate by the American Institute of Stress.

Hoping to change that, two Westlake Village medical doctors and a prominent sports psychologist have collaborated to write a book telling readers how to tap their inner resources to manage stress and lead a contented life.

Dr. Edd Hanzelick and Dr. John Horton say “The Inner Game of Stress” can give readers the tools to outsmart life’s challenges and fulfill their potential.

The two physicians teamed up with the book’s lead author, Malibu-based sports psychologist W. Tim Gallwey.

“We started practice here 17 years ago and over time observed in our patients that stress plays a major role in illnesses,” Hanzelick said. “They had come to accept stress as a normal part of life — that they had no choice.”

“This book is for everyone,” Horton said. “Stress and anxiety is something we all face.”

Horton said chronic stress “opens the door to illness. We have this assumption that it’s OK to live with stress (but) the book helps get to the core of the problem, not just treat the symptoms.”

Hanzelick and Horton, both 66, said they have been offering stress management seminars in partnership with Gallwey for more than 12 years.

Gallwey, 71, may be best known for his books “The Inner Game of Tennis,” “The Inner Game of Golf,” and “The Inner Game of Skiing.” He also authored books on the anxiety faced by professional musicians and work-related stress.

“Edd and John have used my inner game models in seminars and in their practices to motivate and bring clarity and hope to learn alternatives to stress reaction,” Gallwey said. “The core of the model is that stress is an automatic reaction to pressure and the high demands of modern-day life.”

Hanzelik, a Calabasas resident, studied at Columbia University, New York, and Albert Einstein College of Medicine. He interned and was granted residency at Beth Israel Hospital, Boston.

His wife, Lynne, is a practitioner of traditional Chinese medicine, specializing in acupuncture treatment.

Hanzelik said “The Inner Game” is the first book he and Horton have written, but there could be two or three more in the future.

“It depends on the reception of this book,” he said. “John and I hope to do something together; it could be the Inner Game for teens — or parents. I’ve been in medicine many, many years — gone through a long process of learning — and I’d like to help people participate in their own cure.”

Horton studied for two years at Dartmouth before joining the Flying Doctors of Africa, working a seven-month stint in a remote African village. He returned to New York and majored in Asian studies at Columbia University, then received his degree in medicine from Duke University.

He lives in Westlake Village with his wife, Stella, and her daughter, an aspiring model.

“The Inner Game of Stress” offers eight tools to deal with and overcome stress.

Hanzelik, Horton and Gallwey said the most important of the eight tools is to STOP: step back, think, organize a strategy, and then proceed.

“STOP is the mother of all tools,” said Horton. “We have witnessed profound improvements in acute and chronic medical and psychological problems using the Inner Game. We have discovered that something as devastating and destructive as stress is actually within our patients’ control.”