



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

By Edd Hanzelick, John Horton, W Timothy Gallwey

Random House USA Inc. Hardback. Book Condition: new. BRAND NEW, The Inner Game of Stress: Outsmart Life's Challenges and Fulfill Your Potential, Edd Hanzelick, John Horton, W Timothy Gallwey, Renowned sports psychology expert W. Timothy Gallwey teams up with two esteemed physicians to offer a unique and empowering guide to mental health in today's volatile world. The Inner Game of Stress applies the trusted principles of Gallwey's wildly popular Inner Game series, which have helped athletes the world over, to the management of everyday stress-personal, professional, financial, physical-and shows us how to access our inner resources to maintain stability and achieve success. Stress attacks every aspect of our well-being. Gallwey explains how negative self-talk undermines us, making us believe that pressure is inevitable and that other people's expectations are paramount-which leaves us feeling helpless and unhappy. But as Gallwey shows, we have the means to build a shield against stress with our abilities to take childlike pleasure in learning new skills, to properly and healthily rest and relax, and to trust in our own good judgment. With his trademark mix of case histories and interactive worksheets, Gallwey helps us to tap into these inner strengths, giving us these invaluable tools:...



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