

(Free pdf) The Inner Game of Stress: Outsmart Life's Challenges and Fulfill Your Potential

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

W. Timothy Gallwey, Edd Hanzelik, John Horton
ePub | *DOC | audiobook | ebooks | Download PDF

The Inner Game of Stress

OUTSMART LIFE'S CHALLENGES AND
FULFILL YOUR POTENTIAL



Author of *The Inner Game of Tennis*

W. Timothy Gallwey

with Edd Hanzelik, M.D., and John Horton, M.D.

DOWNLOAD



READ ONLINE

#88567 in eBooks 2009-08-15 2009-08-18 File Name: B002LLRE5A | File size: 41.Mb

W. Timothy Gallwey, Edd Hanzelik, John Horton : The Inner Game of Stress: Outsmart Life's Challenges and Fulfill Your Potential before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Inner Game of Stress: Outsmart Life's Challenges and Fulfill Your Potential:

5 of 5 people found the following review helpful. Life-changing
By Jessica Sams
A couple months ago, I wanted to quit my job. I hated everything about what I was doing, and even little things felt like a huge struggle for me. Then I read The Inner Game of Stress. It changed my life. It's been nearly two months now, and I feel so much better about where I

am and what I'm doing than I've felt since I started working full-time. The amazing thing is that nothing from the outside has changed in my life--I live in the same place, work at the same job, and am surrounded by the same people. Yet, the attitude shift I got from reading this book and doing all the activities in its pages has left me feeling like everything has changed. I realize not everyone can use the same self-help type books and get the same messages. There have been many that even Oprah has endorsed that I didn't like at all. This one spoke to me, though. Gallwey's writing style makes the book easy to read, and the principles are ones that just make good sense. I also like how the book is broken down into sections to talk about what stress is and how it affects you before going into special sections on tools you can use to reduce the effects of stress--and even to eradicate it from some areas. I recommend this book for anyone who is looking around and thinking, "Something has to change." Especially if you know--deep down--that what needs to change is your thinking.

0 of 0 people found the following review helpful. I can certainly recommend this book to learn more about stress and ways to deal with it.

By CustomerA great "little" book on how to tackle stress. Many of the insights it gives seem straightforward and obvious - and yet they are so easily overlooked and "forgotten" in daily life (and especially in stressful situations). But it is also that all these insights are collected here and that the combination of them - together with some useful exercises - provides a great toolbox to become aware of stress, its effects, one's own stress patterns and how to break the often vicious cycles involved, that makes this book a really useful companion. The language is no-nonsense and free of (spiritual or psychological) mumbo jumbo and pseudo explanations, but instead the authors rely a lot on real life (at least I hope) examples and patient cases that most of us probably can relate to more easily and actually help us to see parallels in our own lives.

5 of 5 people found the following review helpful. This Book Talked Me Off A Cliff

By Beverly DiehlI admit, as I prepared to go to a first very important conference, I was really feelin' the stress. Had been for some months ahead of time. So I called on this book to help me sort that out, and you know what, it truly helped.

The Inner Game of Stress offers all kinds of tools to reset our perception of something being stressful - or not. To shut down that horrible Self 1, aka the Stress Maker, the voice that can (if we let it) keep up a constant barrage of negative, stress-inducing inner dialogue. This book is one I am going to periodically reread. I was so nervous about that conference, certain that a single misstep would forever ruin any possible writing career. By re-envisioning it as one of many conferences I am sure to attend, and a tremendous opportunity, I actually had fun and a successful pitch. It won't be the first, nor the last time I will need to put the Stress Maker in her place, I am sure.

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:

- the STOP technique: Learn how to Step back, Think, Organize, and Proceed with a more conscious choice process, even in the most chaotic circumstances.
- the Attitude tool: If you're feeling resentment, try gratitude.
- the Magic Pen: Develop the ability to open up your intuition and wisdom.
- the Transpose exercise: Imagine what the other person thinks, feels, wants--and develop empathy, kindness, and better relationship skills.
- the PLE triangle: Use your goals for Performance, Learning, and Experience to redefine success and enhance enjoyment.

Now you don't have to be a champion athlete--or an athlete at all--to keep your life in perspective and your performance at its peak. A one-of-a-kind guide, The Inner Game of Stress allows anyone to get in the game and win.

From the Hardcover edition.