

THE INNER GAME OF STRESS

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The Inner Game of Stress W. Timothy Gallwey with Edd Hanzelik, MD, and John Horton, MD While psychological stress often stems from skewed perceptions that induce fear, it is important to recognize that stress also comes from the human need for self-actualization.

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[The Inner Game Of Stress | Dr. Mort Orman](#)

The Inner Game Of Stress Mort Orman February 17, 2016 Stress Relief Dr. Mort Orman here and today I want to share a few insights with you from a 2009 book called The Inner Game Of Stress , by Tim Gallwey with Drs. Ed Hanzelik, M.D. and John Horton, M.D.

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The inner game takes place within the mind of the player and is played against such obstacles as fear, self-doubt, lapses in focus, and limiting concepts or assumptions. The Inner Game is a proven method to overcome the self-imposed obstacles that prevent an individual or team from accessing their full potential.

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