

THE INNER GAME OF STRESS



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About Tim Gallwey The Inner Game

For over forty years I have focused my efforts on the importance of what I call The Inner Game. I have learned many things on this journey while all the time in both my personal life and my public work, there has been one overriding passion.

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Timothy Gallwey Wikipedia

W. Timothy Gallwey (born 1938 in San Francisco) is an author who has written a series of books in which he has set forth a new methodology for coaching and for the development of personal and professional excellence in a variety of fields that he calls "the Inner Game". Since he began writing in the 1970s, his books include The Inner Game of Tennis, The Inner Game of Golf, The Inner Game of

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Emily Agnew, M.M. Rochester NY 585-500-9530: I have been a certified Inner Bonding facilitator since 2009, working 1:1 by phone and Skype, specializing in deep 1:1 work with clients from around the world who are thoughtful, creative, and sensitive, and who struggle with anxiety. That's how I started doing inner work myself: trying to cope with anxiety in my career as a professional oboist.

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