

INTENTION IS IN TENSION – LEARNING TO TAKE THE STRESS OUT OF PERFORMANCE

This is a story about a strange encounter on the golf course with someone who, on the face of it, knows nothing about golf but who ends up teaching the author about the inner game and questioning his approach to golf and to life itself.

It's not just about golf or sport, nor about improvement or progress or how to do something. If anything, it points to a way of living effortlessly that is free and harmonious, that is, to the essence of mindfulness and non duality.

Each of the nineteen chapters contains a lesson which the author palpably resists for the first few holes. But, gradually he comes to realise the profound truth in the teachings of the stranger and begins to understand the radical perspective of no one playing.

"This is a wonderful book. Wisdom often arrives disguised as a story. It sneaks past the watchful guard of the intellect and gets right to where it is needed most. Your enjoyment of golf and life cannot help but be enhanced by reading these words. Highly recommended."

SAM JARMAN, PGA Golf Professional and Author

"No one playing is both a profound piece of work and a thoroughly enjoyable read. It's touching and truthful, skips along at a lovely pace, and is certainly not just for golfers too. It may just change the way you view the world and your self."

SIMON MUNDIE, Broadcaster and Presenter of the BBC's *Don't tell me the Score*

MARTIN WELLS has worked as a psychotherapist in the NHS for over 30 years. He also teaches mindfulness to patients and staff. Ten years ago his own experience of 'letting go' after attending a talk by a French psychiatrist and non-dual mystic, radically changed the way in which he now works. The experience prompted a profound shift in perspective, allowing Martin to understand non-duality as being at the heart of mindfulness and psychotherapy.

"No One Playing is a mystical journey with lessons for us all about the magic of attitude, which can lead us either to suffering or delight, and an abiding stillness that reveals our world's extraordinary beauty."

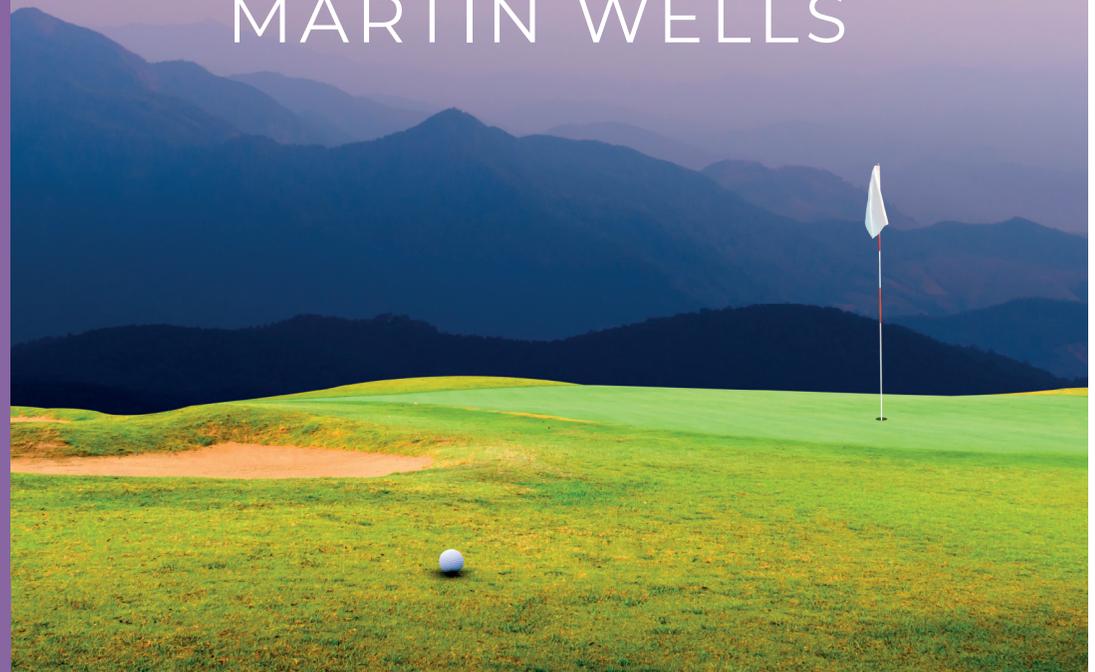
MICHAEL MURPHY, author of *Golf in the Kingdom* and *The Kingdom of Shivas Irons*

NO ONE PLAYING MARTIN WELLS

NO ONE PLAYING

The essence of mindfulness in golf and in life

MARTIN WELLS



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