

**WHAT IF THERE IS, FUNDAMENTALLY,
NOTHING TO CHANGE OR FIX IN OURSELVES?**

Sitting in the Stillness is a collection of stories from the therapy room. Each one invites the reader to go beyond these personal accounts to the universal — beyond the agitations of the mind to an infinite stillness of being. The stories include examples from group therapy, mindfulness groups, family and couples' therapy and demonstrate our fundamental interconnectedness.

"In this touching, inspiring and enlightening collection of stories we meet brave individuals journeying from breakdown to breakthrough and rediscovering who they really are. Through Martin's gentle and wise guidance, we are invited to rediscover our own true selves. Filled with compassion and deep non-dual wisdom, this book is a friendly invitation to the place where therapy, mindfulness and authentic spirituality meet:

The present moment, our true home. I think this wonderful book will help many people."

JEFF FOSTER, author of *The Way of Rest* and *The Deepest Acceptance*

"These remarkable stories bring to life the essence of psychotherapy and the everyday living wisdom of non-duality."

DR. PETER FENNER, author of *Radiant Mind* and *Natural Awakening*

"Thank you life, and thank you Martin for awakening the essence of being in the hearts of so many people."

DR JEAN-MARC MANTEL, psychiatrist and author of *The Scent of Oneness*

"Insightful, practically useful, even enlightening. We are led along a less 'self-centred' path with a delightfully light touch. Or, as Martin intriguingly says, 'No longer striving to become a better person but instead realising the perfection we already are.'"

NIGEL WELLINGS, Psychoanalytic Psychotherapist and author of *Why Can't I Meditate?*

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 profound experience of 'letting go' radically changed the way in which he now works.

SITTING IN THE STILLNESS MARTIN WELLS

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JEFF FOSTER, author of *The Way of Rest* and *The Deepest Acceptance*

SITTING IN THE STILLNESS

Freedom from the Personal Story



MARTIN WELLS



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