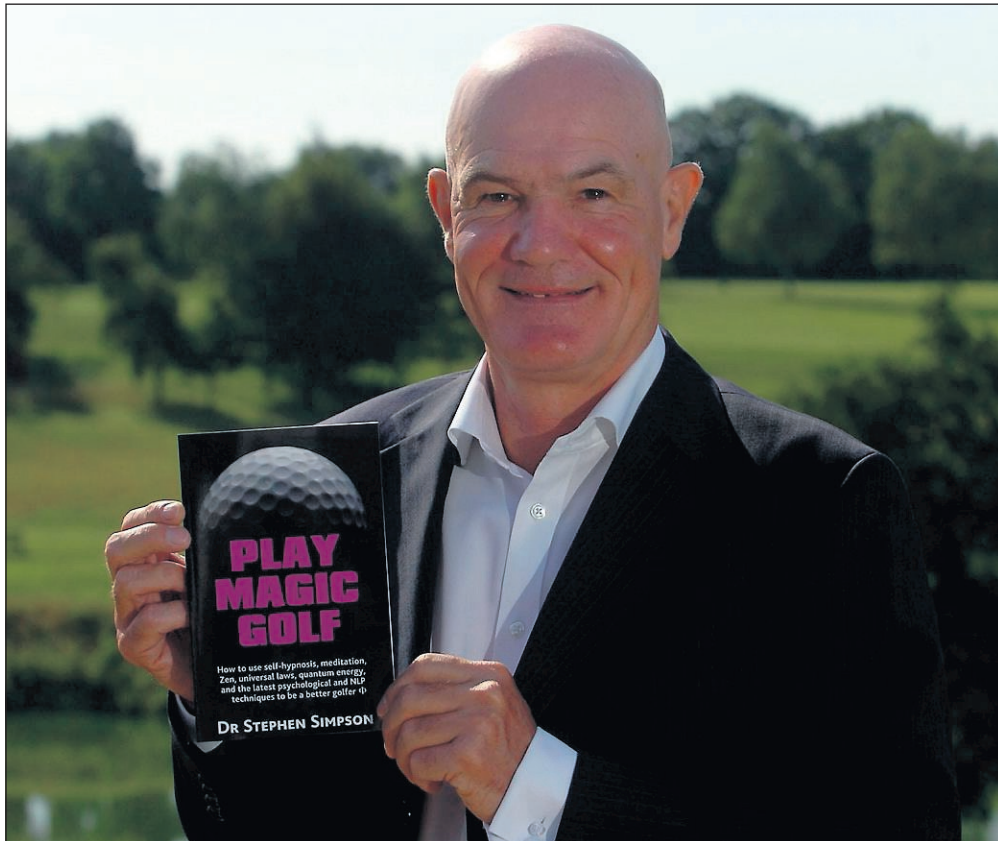


NEWS



HELPING HAND: Dr Stephen Simpson at Stoke by Nayland Golf Course with his book, *Play Magic Golf*

Photograph: SIMON PARKER

Doctor's book lets golfers in on the secret

POLSTEAD HEATH: 'Will make players better'

By Jonathan Schofield

ZEN, quantum energy and the theories of universal law are not usually associated with the skills required to improve your game of golf, but a Suffolk doctor is claiming just that in his first book.

Play Magic Golf, by Dr Stephen Simpson, from Polstead Heath, hit the bookshelves this week after it was snapped up by a major publisher.

In 139 pages he says it will not only improve the fortunes of people on the green but the techniques would change people's attitude to life.

Dr Simpson, a 56-year-old father-of-two, who trained to be a doctor in the early 1970s, said he was always interested in alternative medicine and studied transcendental meditation when he was 21 before a life-changing experience working as a doctor in Africa.

"I travelled to war-torn Angola three years after graduating," said Dr Simpson. "From there I worked in

Oman, Nigeria, the steppes of Kazakhstan and along the way experienced being mugged, imprisoned, shot at, mortared and almost killed in a helicopter crash."

What he also found during those years was the power of magic and the fact that some things in life are beyond rational explanation – something that would eventually form the basis of his golf book almost 40 years later.

He said: "I eventually became a senior doctor for a major oil company based in London, in an office with a computer, which was far removed from what I wanted to be doing. It was at this point just two years ago I decided to put my theories into practice and make the move from a doctor to an author."

Within 15 minutes of sending excerpts from the book to the first publisher, he got a call back to confirm a publishing deal.

Dr Simpson already had an insight into the game as an elite performance coach and while working as a caddy for players on the PGA European

Tour and Seniors Tour. He currently helps up-and-coming professional stars along with several members of England's junior squad.

"Readers should prepare for a magical journey at the speed of light to steal from the world of hypnosis, meditation, Zen, universal laws and quantum energy. I guarantee beginners and elite players will be better golfers as a result and they will enjoy more confidence off the course too," he said.

Dr Simpson is hoping his book will be as successful as the audio book titled, *Zen Hypnosis: Confidence*, he released last year which went to number one in the iTunes playlist.

Dr Simpson will be signing copies of his book and answering questions in the Garden Room at Stoke By Nayland Golf Course on September 8 at 8pm.

Play Magic Golf is now available in high street book shops and Amazon. For more information go to www.the.golfdoc.co.uk

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