

[PDF] The Things You Can See Only When You Slow Down: How To Be Calm And Mindful In A Fast-Paced World

Haemin Sunim - pdf download free book



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Description:

As heard on NPR's *All Things Considered*—

A multimillion-copy bestselling book of spiritual wisdom about the importance of slowing down in our fast-paced world

“Is it the world that’s busy, or is it my mind?”

The world moves fast, but that doesn’t mean we have to. In this bestselling mindfulness guide—it has sold more than three million copies in Korea, where it was a #1 bestseller for forty-one weeks and received multiple Best Book of the Year awards, and it's being published in more than 25 countries—Haemin Sunim (which means “spontaneous wisdom”), a renowned Buddhist meditation teacher born in Korea and educated in the United States, illuminates a path to inner peace and balance amid the overwhelming demands of everyday life.

By offering guideposts to well-being and happiness in eight areas—including relationships, love, and spirituality—Haemin Sunim emphasizes the importance of forging a deeper connection with others and being compassionate and forgiving toward ourselves. The more than twenty full-color illustrations that accompany his teachings serve as calming visual interludes, encouraging us to notice that when you slow down, the world slows down with you.

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