



## The Things You Can See Only When You Slow Down: How to Be Calm and Mindful in a Fast-Paced World

By Hyemin (Author), Kim, Chi-Young, Pratt, Sean

Blackstone Audible, 2017. Audio CD. Condition: New. 3 CDs. "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, 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.



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