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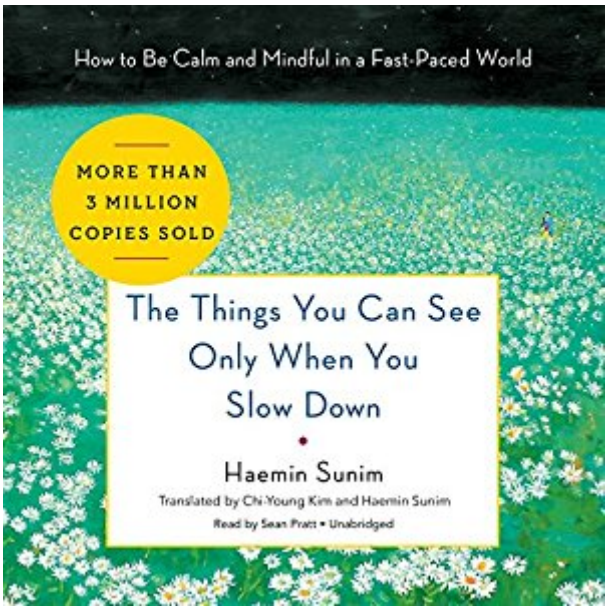
# The Things You Can See Only When You Slow Down: How To Be Calm And Mindful In A Fast-Paced World

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## Synopsis

"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 best-selling mindfulness guide - it has sold more than three million copies in Korea, where it was a number-one best-seller for 41 weeks and received multiple best book of the year awards - 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.

## Book Information

Audible Audio Edition
Listening Length: 2 hoursÂ andÂ 51 minutes
Program Type: Audiobook
Version: Unabridged
Publisher: Blackstone Audio, Inc.
Audible.com Release Date: February 7, 2017
Whispersync for Voice: Ready
Language: English
ASIN: B01N38FDB5
Best Sellers Rank: #2 inÂ Books > Audible Audiobooks > Religion & Spirituality > Buddhism & Eastern Religions #4 inÂ Books > Audible Audiobooks > Nonfiction > Philosophy #6 inÂ Books > Audible Audiobooks > Religion & Spirituality > New Age & Occult

## Customer Reviews

I didn’t take the author’s advice and instead read this book straight through, highlighting the parts that struck a chord. I’m now looking forward to reading it again, slowing down, wringing as much as I can from each bit of wisdom. I believe there’s something good in it for everyone. It’s definitely worth your time.

I liked reading this book. It provided some insights into human nature and the world around. I think it forces you to be more humble and kinder to others.

I expected a little more out of this book because the reviews were so high, but it was just okay for me. Lots of great inspirational quotes and several great little nuggets I can use.

Bought this book as a "Deal". Am finding, as the prologue suggests, that it is one to ponder and mull over.

Though some quotes appear contradictory to me, I feel that I learned a lot from this book. This book has opened a new path of spiritual intelligence to me.

Big wisdom dished out in manageable chunks. It is like candy for the mind.

What a delightful evening reading this book. Want to review so many things I learned from the author.

Great book and a fast read!

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