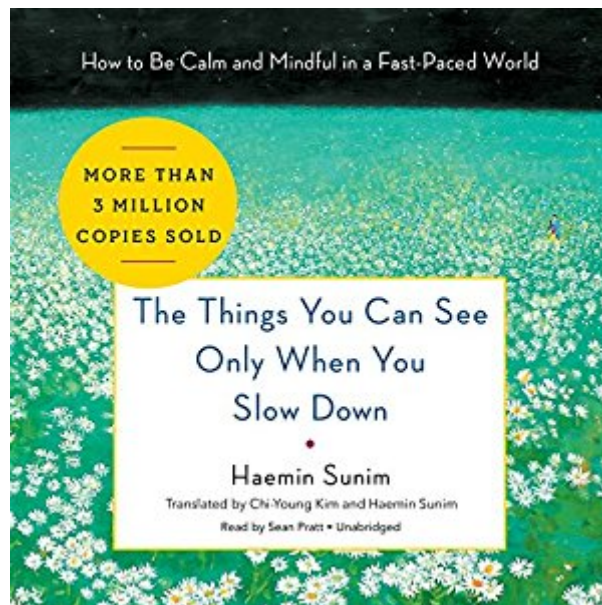


The book was found

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



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 hours 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 in Books > Audible Audiobooks > Religion & Spirituality > Buddhism & Eastern Religions #4 in Books > Audible Audiobooks > Nonfiction > Philosophy #6 in 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!

[Download to continue reading...](#)

The Things You Can See Only When You Slow Down: How to Be Calm and Mindful in a Fast-Paced World
Slow Cooker Recipes: 2,000 Delicious Slow Cooker Recipes Cookbook (Slow Cooker Recipes, Slow Cooker Cookbook, Slow Cooker Chicken Recipes, Slow Cooker Soup Recipes)
Bright Kids Who Can't Keep Up: Help Your Child Overcome Slow Processing Speed and Succeed in a Fast-Paced World
Crock Pot: Everyday Crock Pot and Slow Cooker Recipes for Beginners (Slow Cooker, Slow Cooker Cookbook, Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, ... Low Carb) (Cookbook delicious recipes 1)
Slow Cooker Cookbook: 1001 Best Slow Cooker Recipes of All Time (Fast and Slow Cookbook, Slow Cooking, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Dinner, Breakfast, Healthy Meals)
Daniel Fast: 50 Plant Based, Whole Foods Daniel Fast Recipes+Daniel Fast Food List And Breakthrough Secrets (Daniel Fast, Daniel Plan, Daniel Plan Cookbook, Whole Foods, Daniel Fast Cookbook)
The Calming Collection - Calm Mom, Calm Dad, Calm Child: Keeping Your Cool With Your Children, Your Family, and Everyone Else in Your Life
KETO SLOW COOKER: 120 Delicious, Quick and Easy Ketogenic Slow Cooker Recipes (keto, ketogenic, ketogenic cookbook, slow cooker, slow cooking, ketogenic ... weight loss, paleo, low carb, cleanse)
Thai Slow Cooker Cookbook: 51 Classic Thai Slow Cooker Recipes with Step By Step Procedure (Thai Recipes, Thai Slow Cooker Recipes, Thai Slow Cooker Cookbook, ... Cooker, Simple Thai Cookbook, Thai Cooking)
Delicious Crockpot Recipes: A Full

Color Crockpot Cookbook for your Slow Cooker (Crockpot;Crockpot Recipes;Slow Cooker;Slow Cooker Recipes;Crockpot Cookbook;Slow ... Cookbook;Crock Pot;Crock Pot Recipes;Cro 1) Slow Cooker Cookbook: 1001 Best Slow Cooker Recipes of All Time (Slow Cooking, Slow Cooker, Meals, Chicken, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Breakfast, Lunch, Dinner) Instant Pot: 365 Days of Instant Pot Recipes (Fast and Slow, Slow Cooking, Chicken, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Breakfast, Lunch, Snack, Healthy Slow Cooker Dinner) Ketogenic Slow Cooker Recipes: 200 keto Slow Cooker (Crock Pot) Recipes, Chef Approved, Delicious Low Carb Slow Cooker Recipes, For Super Fast Weight Loss , Quick and easy Recipes for Healthy Living Fast and Easy ECGs: A Self-Paced Learning Program (Public Safety) NEPTUNE ISLAND: A Fast Paced Action Adventure Thriller (A Lincoln Monk Adventure Book 1) Lost Girls: A fast paced, gripping thriller novel (Detective Kim Stone Crime Thriller Series Book 3) Calm the F*ck Down: The Only Parenting Technique You'll Ever Need The Five Keys to Mindful Communication: Using Deep Listening and Mindful Speech to Strengthen Relationships, Heal Conflicts, and Accomplish Your Goals My Grain & Brain Gluten-free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb and Wheat-Free Slow Cooker Cookbook Slow Cooker Soup Recipes: 50 Most Delicious & Healthy Slow Cooker Soup Recipes for Better Health and Easy Weight Loss (Soup Recipes,Chicken Soup ,Soup Cookbook ,Slow Cooker Soup Recipes)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)