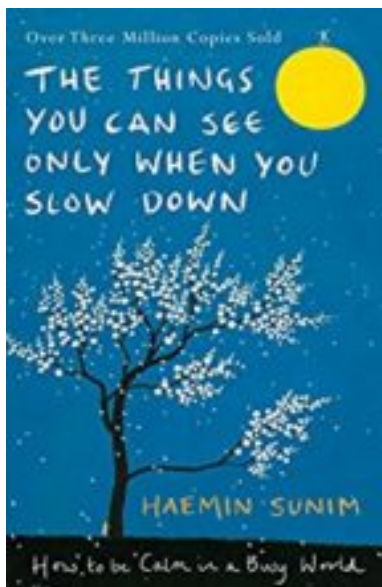


THE THINGS YOU CAN SEE ONLY WHEN YOU SLOW DOWN: HOW TO BE CALM IN A BUSY WORLD



Nº de páginas:	288 págs.
ISBN:	9780241298190
Año edición:	2017
Editorial:	DK
Lengua:	INGLÉS
Autor:	HAEMIN SUNIM
Categoría:	Ciencias Humanas

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"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 timely guide to mindfulness, Haemin Sunim, a Buddhist monk born in Korea and educated in the United States, offers advice on everything from handling setbacks to dealing with relationships and loved ones, in a beautiful book combining his teachings with calming full-colour illustrations. Even as we speed toward what comes next, Haemin Sunim's messages of encouragement speak directly to the anxieties that have become part of modern life and remind us of the strength and joy that come from slowing down. Overwhelmingly popular in his native Korea, Haemin Sunim is a spiritual leader whose teachings transcend religions and borders and resonate with people of all ages. With insight and compassion drawn from a life full of change, he shows, as millions have seen, he succeeds at encouraging all of us to notice that when you slow down, the world slows down with you.