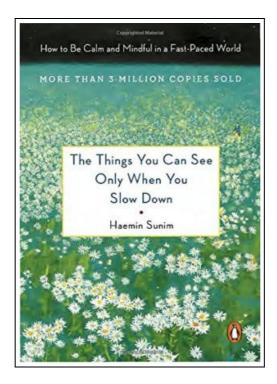
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Penguin Books, 2017. Hardback. Condition: New. Translation. Language: English . Brand New Book. Wise advice on how to reflect and slow down. — Elle Is it the world that s busy, or is it my mind? The world moves fast, but that doesn t mean we have to. This bestselling mindfulness guide by 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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