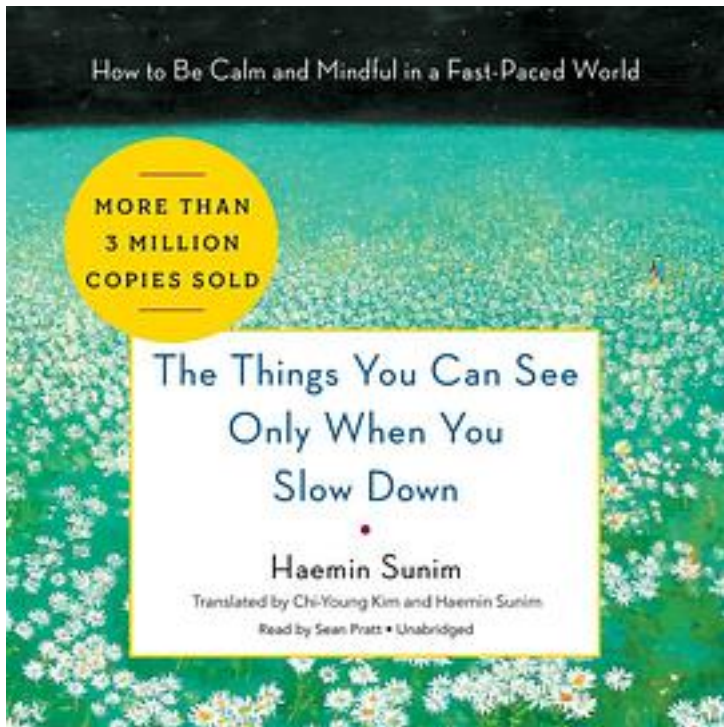


The Things You Can See Only When You Slow Down



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著者:Haemin Sunim

出版者:Penguin Books

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As heard on NPR’ s All Things Considered—

A multimillion-copy bestselling book of spiritual wisdom about the importance of slowing down in our fast-paced world

“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—it has sold more than three million copies in Korea, where it was a #1 bestseller for forty-one weeks and received multiple Best Book of the Year awards, and it's being published in more than 25 countries—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.

作者介绍:

Haemin Sunim is one of the most influential Zen Buddhist teachers and writers in South Korea, where his books have sold more than three million copies and are popular as guides not only to meditation but also to overcoming the challenges of everyday life. Born in South Korea, he came to the United States to study film, only to find himself pulled into the spiritual life. Educated at UC Berkeley, Harvard, and Princeton, he received formal monastic training in Korea and taught Buddhism at Hampshire College in Amherst, Massachusetts. He has more than a million followers on Twitter (@haeminsunim) and Facebook and lives in Seoul when not traveling to share his teachings.

Chi-Young Kim (co-translator) is the translator of the New York Times bestselling Korean novel *Please Look After Mom* by Kyung-sook Shin, for which she received the Man Asian Literary Prize, and the Korean contemporary classic *The Hen Who Dreamed She Could Fly* by Sun-mi Hwang. She lives in Los Angeles, California.

Youngcheol Lee (illustrations) is a Korean artist. His paintings have been shown in more than 150 exhibitions and are admired for their idyllic quality. You can see more of his artwork at www.namusai33.com.

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2017

科普

评论

写得真好，作者对生活的感悟结合我对自己身边人去的观察，种种情形浮现于心中。Influent and inspiring

当你深感焦虑不安时，需要停下来将自己沉浸在此时此刻中了，哪怕只是短暂一会儿。感受自己内心深处的声音，学会真正关怀自己的身心。倾听身边的故事，感受身旁的风景。很多人和事不如你想象那般重要，很多被你忽略的美好就藏在角落安静地守候。

gA：心灵感悟小杂烩

I'll always remember the girl reading this book on the flixbus with eyes brimming with tears along the way to Brussels, just to squeeze every ounce of effort to figure out those big questions for the very first of her life, as she was faltering at the crossroad. Great books always comfort you and render you energy, so does this one.

浅。。。

禅。床头读物。

严格来讲是听完了这本书。不长，听起来比较轻松愉快。作者是个成长在韩国的和尚，在美国读书、教书。但是这不是一本宣传佛教的书，而是提炼了一些佛教里对人生有意义的道理。当然了，很多这些道理你可能以前听过。在现在这个物欲横流的社会，能做到其中的几条很难，但是一定会让你的生命更充实。现在很多人都抱怨这抱怨那，就是不抱怨自己；想要钱要权要色，什么都不肯放弃。这时候慢下来、停下来看看路边的风景，想想自己的过去和未来，不是浪费时间。

所以人生是需要雞湯的，雞湯是個好東西。

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书评

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