



# **The Things You Can See Only When You Slow Down: How to Be Calm and Mindful in a Fast-Paced World**

*Haemin Sunim, Chi-Young Kim (Translator), Youngcheol Lee (Illustrator)*

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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 20 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.

## **The Things You Can See Only When You Slow Down: How to Be Calm and Mindful in a Fast-Paced World Details**

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## From Reader Review The Things You Can See Only When You Slow Down: How to Be Calm and Mindful in a Fast-Paced World for online ebook

### Diana Long says

A philosophy of promoting peace and tranquility into our lives regardless of religious beliefs. The author is a Buddhist Monk from Korea and yet he is comfortable quoting favorite passages from the Bible or making references to Kalil Gibran. Enlightening and Inspirational.

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### Michelle Curie says

This is a lovely and sweet collection of aphorisms and essays phrased by a Buddhist monk and teacher. It is essentially a **guide to mindfulness**, comprising spiritual advice on dealing with anything from relationships to stress and a book that is easy to dip in and out of.

It is divided in eight chapters, each focussing on a different topic: **Rest, Mindfulness, Passion, Relationships, Love, Life, The Future, Spirituality**. Each part starts with a short personal story by Sunim before moving on to a collection of advices and occasionally relevant quotes from other influential people. I guess it is one of the books that make the most sense if you refer to it whenever you find yourself in a situation of needing some words of wisdom on something specific, as it just quite dense with information and sometimes too specific to gain from if there is no relevance.

I personally found especially the chapters on **Rest** and **Mindfulness** interesting, but in general Sunim advocates being a gentler, empathic and more perceptive person. There was one passage that I particularly enjoyed, which made me think about how similar every humans experience of *being human* ultimately is, despite how different all of our lives may seem:

*"[N]o matter how many wonderful accomplishments one has had, we all have our share of setbacks, heartbreak, and loss. We have to face challenges we have no control over. Loneliness and the fear of death will accompany us to our final days. Everyone is on the same treacherous journey of life's tainted glory."*

All in all, this is a genuinely kind collection to refer to sometimes and that might provide comfort to some in times of need for a voice of both reason and heart.

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## **Katie says**

Nothing new here but I somehow felt lighter as I kept reading.

Don't dwell on negative thoughts.

Forgive others.

Remember to treat yourself with compassion.

Perspective can change any stressful situation.

Choose happiness, not success.

Always take time to listen.

See more of my reviews: [Blog](#) // [Instagram](#)

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## **Marieke says**

Oef, dit boek begon heel goed. Het las lekker vlot en het sprak me aan. Maar hoe verder ik kwam in het boek, hoe zweveriger het werd naar mijn idee. En ik hou dus echt niet van zweverigheid.

Door het hele boek heel staan quotes en/of korte levenslessen. Eerst vond ik dat wel fijn, maar hoe verder ik kwam in het boek, hoe meer ik deze delen scannend ging lezen. Ik vond de persoonlijke verhalen van de schrijver aan het begin van elk hoofdstuk wel erg goed, maar die quotes hoefde niet meer van mij.

De tekeningen die door het hele boek verspreid zijn, zijn wel een mooie toevoeging.

Er zaten echt wel mooie stukken in dit boek hoor, ook tegen het einde wel. Maar niet zoveel als dat ik hoopte. Ik vond dit boek niet erg bijzonder helaas..

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## **NGUYEN VO says**

Thôi anh lùi b??c ?? th?y em rõ h?n, ch?m l?i th? gi?i v?n quay, dù có chuy?n gì x?y ra th?i gian v?n trôi. Bình yên sau khi ??c xong cu?n sách :)

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## **Nguyen Thanh Ha says**

Cu?n sách vi?t r?t nh? nh?ng, ch?n th?t, g?n g?i v?i cu?c s?ng trong c?c m?i quan h? x? h?i. C?m nh?n nh? có ph?n t?nh c?ch v? cu?c s?ng c?a m?nh trong ?ó. Mu?n ??c ch?m ch?m ?? c?ng suy ng?m v? gi?c ng?, ?? th?y c?n ?? l??ng v? bao dung v?i cu?c s?ng v? ti?p th?m ngh? l?c khi g?p kh?n

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## **Lisa Shultz says**

A book that is meant to read slowly. I found reading a few pages before bed, upon rising or in the bath to be a good time. It helped me to ground and balance.

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### **Hákon Gunnarsson says**

It's a nice book, with some interesting insights into mindfulness, but I thought it was slightly repetitive. In the beginning the author, Haemin Sunim, says that it's best read slowly to get the most out of it, but I read it pretty quickly. Maybe that's why I found it a little repetitive. Anyway, I liked it for most parts.

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### **Syeda Lammim says**

Heart warming, soothing, simple, yet full of wisdom :) Started reading it at a difficult time and this book helped me find myself back again. I wouldn't say it is filled with extraordinary enlightenment, but that is the best part about it. There are some simple yet powerful truth which we all know deep down inside, but it is so easy to loose our connection with those when we are too wound up in our busy life. This book was a kind a gentle reminder to those truths for me. A small book, but I took my time reading and thinking about the lines. Will definitely read again and again. And also will recommend to anyone who is distressed with anything in their life right now. This book is a gem indeed :) !

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### **Kent Winward says**

Chicken Soup for the Fortune Cookie.  
Home cooked homilies with an Eastern flavor.  
Slow down and you'll not see anything new here.

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### **Kirsty says**

I was given a copy of Haemin Sunim's *The Things You Can See Only When You Slow Down* by a dear friend after she undertook a stint of work experience at Penguin. Thoughtfully, Abbie wrote in her note that she thought this tome would be a good antidote to in-depth thesis reading, and it was.

Nearly three million copies of the book have been sold worldwide since its publication in 2012, and it has been translated from its original Korean by Chi-Young Kim in collaboration with the author himself. This year, in fact, marks the publication of its first English translation. It is essentially a guide to mindfulness, of how to make the most of oneself despite outside factors sometimes wishing to throw us off course. The subtitle of *The Things You Can See Only When You Slow Down*, 'How to Be Calm in a Busy World' will, I am sure, speak to many of us in the modern world. I am personally a very calm person, and rarely get stressed out, but I find books like this lovely to dip in and out of; they are soothing, almost.

Sunim is a Buddhist monk, who lives between his native South Korea and the United States, where he lectures. Building on a large Twitter and Facebook presence, where he tweets missives and guidance, he has aimed to offer 'advice on everything from handling setbacks at work to dealing with love and relationships'. His 'simple, compassionate teachings transcend religion, borders and ages, and serve as a calming reminder of the strength and joy that come from slowing down'. This inclusivity is admirable, certainly; one thing

which we dearly need in this world is a demonstration of the things which unite us, rather than divide us.

*The Things You Can See Only When You Slow Down* has been split into several sections - 'Rest', 'Mindfulness', 'Passion', 'Relationships', 'Love', 'Life', 'The Future', and 'Spirituality'. Each chapter opens with an essay, which muses upon the subject in question and how best Sunim thinks we should approach it, and is then followed by a series of short pieces, 'words of advice and wisdom'.

To me, a lot of the short sections felt a little cheesy and patronising, which I'm sure was unintentional on part of the author; we are told, for example: 'Pat yourself on the back for the hard work you are doing. Then go to bed one hour earlier as a gift to your body'. I preferred the essays, which were largely thoughtful and well thought through. There are some nice pieces of advice given about how best to take notice of the world around us, and spending time with loved ones. Occasionally, though, this advice is just plain odd, and blunt in its delivery: 'A good family trip can prevent divorce'.

Much of the book, as one might expect, spirals around spirituality and religion, two topics which do not particularly appeal to me as an atheist. I did find that Sunim came across as rather preachy at times, which did not endear me to him. However, he suggests meditation as a way to grasp one's own consciousness of the world and their place within it, which, I felt, was quite a nice piece of advice which could be easily worked into even a hectic day. Some of his ideas are nice, and he is clearly passionate about what he is writing about, however, so there is a nice balance to be found within. It does seem at times as though Sunim was merely working through his own insecurities whilst writing, and several of the asides seem downright obvious.

On an aesthetic level, *The Things You Can See Only When You Slow Down* has been beautifully designed, and put me in mind of the recent craze of lovely hygge hardbacks. Lovely illustrations have been included throughout, which add yet another dimension of calm to the tome.

I believe that *The Things You Can See Only When You Slow Down* will be of most use to those who suffer with anxiety disorders and depression; it is a rather light but fitting book that can be read one small part at a time, and offers useful advice for seeing positives and focusing upon things of importance to the individual. The author, in fact, recommends that it is not read all in one go, from cover to cover; rather, he says, sections should be digested and reflected upon by the reader before he or she moves on. *The Things You Can See Only When You Slow Down* would be a very thoughtful addition to a loved one's bedside table or reading stack, to provide respite from hectic lives, stresses, and other problems.

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## **Odette Knappers says**

Wauw.

Dit boek is een terechte bestseller, maar alsnog zijn er nog niet genoeg verkocht: iedereen zou dit boek moeten hebben.

De boeddhistische monnik Sunim is superactief op sociale media om zo veel mogelijk mensen te bereiken met zijn inzichten, daar is het een ideaal medium voor. Mensen zoeken advies bij hem. Vanwege het enorme succes ervan, zijn de beste adviezen nu gebundeld in dit boek, zodat er nog meer mensen kennis mee kunnen maken.

De adviezen/overdenkingen zijn gebundeld per onderwerp, zoals gemoedsrust en relaties bijvoorbeeld. Een

mooi overdenking aan het begin, en dan allerlei korte stukjes met adviezen en overwegingen.

Dit boekje zit zo enorm bomvol met levenslessen, ongelooflijk. Het ene spreekt wat meer aan dan het ander, maar iemand anders heeft daar misschien weer meer aan.

Dit is echt zo een uniek pareltje om in huis te hebben. Dit is namelijk niet een boek dat je maar 1x leest. Als je het gelezen hebt, weet je wat voor goede en mooie lessen er in staan, maar dat betekent niet dat je alles meteen kunt implementeren en toe kunt passen.

Dit boek met regelmaat opnieuw openslaan om iets verder te laten bezinken of om het nog een keer te lezen om het beter te kunnen implementeren is echt een geschenk aan jezelf of aan iemand anders. Dit boekje moet je hebben, niet lenen.

Hier kan iedereen iets aan hebben, al is het maar dat 1 uitspraak je weet te raken of je aan het denken zet. Zelfs dat kan al levensverrijkend zijn, kun je nagaan wat het hele boekje voor/met je kan doen.

PS De uitgever heeft een aantal pagina's inkijkexemplaar op hun website staan. Zeker de moeite waard om te bekijken!

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### **Rebecca Jane Brown says**

I loved this book. To summarise my thoughts: this book is what you reach for when you're feeling low - it's a hug in book format. I recommend you don't read from cover to cover in one sitting - read when you need a little inspiration or pick me up. It's such a sweet and simple book - anyone could read and glean the wisdom it provides.... I recommend <3.

(My book had an updated cover, it was blue and hard back.)

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### **Lana says**

soothing and heart-warming, this is the book young people can seek for in search of understanding, healing and warmth ~

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### **Rosie Nguy?n says**

Ba sao r??i là h?p lý.

Sách ??c anh Hoài t?ng. L?n tr??c g?p ?nh có ?? c?p t?i 1 quy?n best seller b?n H?n, ?? chung v?i quy?n best seller b?n Vi?t, r?i b?o n?u ???c th? ??c th?, v?i m?nh c?ng h?ng th?u. Nh?ng l?c t?m trong k? sách th? ?ã h?t sách. V?i th?ng sau m?nh h?n g?p b?n b?n t?p, ?nh th?y, li?n ?em sách ra t?ng, trong khi m?nh ?ã qu?n m?t ti?u. Kh?ng ng? m?t chuy?n nh? v?y m? ?nh c?n nh?. Th?t c?m ??ng.

Sách nh? nh?ng t?nh c?m, v?i nh?ng c?u chi?m nghi?m v? nhi?u l?nh v?c. ??i ?o?n ??c h?i o?i x?u v? ch? c? nh?ng c?u ng?n r?i r?c kh?ng c?c c?u chuy?n li?n k?t, dù quan ni?m th? h?p lý nh?ng gi?ng nh? ??c h?t tr?ch

d?n này t?i trích d?n khác hoài c?ng ?âm chán. Các t? t??ng trong sách c?ng không có gì quá ??t phá ?? ng??i khác ph?i wow, nh?ng ng?n g?n d? ??c, phù h?p cho ??c gi? ph? thông, ng??i b?n r?n lâu lâu ra ??c vài trang ?? t? nh?c mình và ng??i ?ang c?n ?i ch?m l?i.

Anyway, ??i v?i mình thì sách có giá tr? tham kh?o t?t. Mình thích nh?ng ý sau ?ây:

- Chúng ta không ch?t vì gió bão mà ch?t vì nh?ng th? c?n gió cu?n theo, chúng ta kh? không ph?i vì s? vi?c x?y ra mà vì suy ngh? ph?c t?p c?a ta v? s? vi?c ?y.
- Có hai câu h?i ?? bi?t m?t ng??i có h?nh phúc không. Th? nh?t, vi?c b?n ?ang làm lúc này có ?em l?i ý ngh?a gì cho b?n không? Th? hai, m?i quan h? c?a b?n và nh?ng ng??i xung quanh có t?t không? - ?i?u c?n b?n th? nh?t ?? gi? m?i quan h? gi?a ng??i v?i ng??i, là ph?i bi?t cách ?i?u ti?t ?ng x? nh? cách ta làm v?i b?p l?a. N?u ??ng g?n quá thì s? th?y ?m nh?ng mau nóng d?n, không c?n th?n s? b? b?ng. N?u ??ng xa quá thì s? c?m th?y l?nh l?o.
- Không ng??i th?y nào có th? giúp con ng??i ta tr??ng thành ???c nhi?u nh? tình yêu. C?ng không gì cho ta bi?t rõ b?n ch?t con ng??i mình nh? tình yêu.

Mình thích nh?t ?o?n cu?i, vi?t v? yêu th??ng và ch?a lành cho chính mình. V?a ??c sách v?a ng?i trên gh? g? trong v??n và làm theo, c?m gi?c ???c xoa d?u t?m h?n. R?t c?m ??ng.

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