

When things don't go your way : Zen wisdom for difficult times

Sunim, Haemin, author

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Abstrak

From renowned Zen Buddhist teacher Haemin Sunim, a guide to turning life's challenges into opportunities for self-discovery. Have you ever felt like life has thrown you a curveball? Are you struggling to overcome unexpected challenges and setbacks? While loss, heartbreak, and loneliness are all part of the human experience, in this warm guide, internationally bestselling author Haemin Sunim shows us that these moments can actually be rare opportunities for self-discovery, serving as stepping stones to greater things in life. Drawing on Zen Buddhist philosophy and Sunim's own experiences, When Things Don't Go Your Way helps you navigate life's challenges with resilience and grace. Whether you're dealing with rejection, uncertainty, loneliness, conflicts in relationships, or burnout--or simply seeking to improve your mental and emotional well-being--Sunim offers a new spiritual perspective, one that helps us face life's challenges with greater ease and understanding, and offers solace and courage when we need it the most"-- Provided by publisher