

**IDIOMATIC EXPRESSIONS IN HAEMIN SUNIM'S
BOOK *THE THINGS YOU CAN SEE ONLY WHEN
YOU SLOW DOWN***

A THESIS

By

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**SUBMITTED TO
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The writer,

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APPENDICES

Author's Biography

Haemin Sunim is an American writer and Buddhist teacher of Korean descent. Born under the real name Ryan Joo, Haemin has studied at several well-known campuses at the University of California, Berkeley, Harvard University and Princetown University. Haemin Sunim received his religious education in Korea and taught at Massachusetts Hampshire College for seven years. Then he decided to become a monk and become a spiritual writer whose works are selling well in the international market. Haemin Sunim is one of the most popular monks and most influential writers in South Korea, he has appeared on television shows and is active in teaching meditation on social media.

Haemin Sunim's success apparently brought him to become a popular person and was even touted as a public figure who had many fans. Apparently it did not necessarily make him happy, he was sad because he felt that he had failed to carry out his obligation to become a monk. Although he has produced a number of works that have been accepted by the wider community, Haemin decided to step down and withdraw from his life as a public figure who has made a name for himself to return to becoming a monk. Despite this, his name still shines with a number of his works that have had a place in the hearts of book connoisseurs.

Motivation of The Book

This book teaches readers to have mindfulness or full awareness which is the main key to getting peace in this busy world. When you can understand and control

your thoughts, then you can change and control the world. Being present in the present moment, feel the emotions arise in this moment. Observe your thoughts and feelings like objects outside of yourself that you can control. Take a break, even if it's just for a moment. Taking care of your own physical and spiritual health is fundamental to being able to survive life. Because, the center of life is yourself, and the only person who can control and change your life is yourself.

This book is based on the true story of Haemin Sunim's reflection on his life experience which over the years has helped a number of people to start taking care of themselves. The actions that we will do to others begin with our treatment of ourselves. If we treat ourselves with compassion, empathy, and forgiveness, then we will treat others the way we do to ourselves. The novel *Love for Imperfect* is written in the form of a short essay that is relevant to the reader's life, because it is written based on personal experience, it also contains sentences about love that can be contemplated.