

A Letter of Encouragement
by GURUNG GHARIMA DECHEN 2B

Dear Dad,

How are you? How are things going at work? Hopefully, you aren't working overtime again. I really want you to read a fascinating and engaging book that can help you relax and calm your mind.

The book I want you to read is called *When Things Don't Go Your Way* by Haemin Sunim, which is a guide to turning life's challenges into self-discovery. Zen Buddhist monk Haemin Sunim offers immensely powerful insights and gentle advice, showing you how to feel less lonely, become more in touch with your true self, and feel more connected to others. A particular highlight for me was how to brush off and overcome failure and get back on track. He provides simple but powerful wisdom for navigating life's challenges. He also wrote this quote in his book: "When life gets busier and harder, give yourself the special gift of pausing. Stop what you are doing for a moment, close your eyes, and take a step back. As if you are looking at yourself in a mirror, examine how your body is feeling and what your mind is telling you now."

I found this quote very useful. I highly recommend this book. The style is caring, familiar, and comforting - like putting on an old jumper that you love but never wear. Most importantly, never give up and be a little patient with yourself.

Hopefully, this book can help you with your work.

With love,

Gharina