



Patience: The Art of Peaceful Living

Allan Lokos

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Patience: The Art of Peaceful Living Allan Lokos

"As founder and guiding teacher of the Community Meditation Center in New York, Allan Lokos has an arsenal of tools for coping with stressful situations." - Rachel Lee Harris, *New York Times*

To survive the roller-coaster ride of life, with its ever-changing shifts from pleasure to pain, gain to loss, and praise to blame, requires a substantial depth of patience. In this life-changing book, Allan Lokos sheds new light on this much-sought-after state of mind, and provides a road map for cultivating greater patience in one's life.

According to Lokos, to develop a depth of patience we must first acknowledge the unhappiness caused by our impatience and anger in its many manifestations-from mild annoyance to rage. In this revelatory book, Lokos draws on his many years as a Buddhist practitioner and spiritual teacher, as well as interviews with a wide range of individuals who have had their patience tested-often dramatically so-and lays out a compelling path to the heart of patience."

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