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## CAROLYN LANE

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City. It's a timely read for a season in which the stresses seem to multiply in direct proportion to the peace and joy we're supposed to be feeling—and too often don't! Patience: The Art of Peaceful Living by Allan Lokos March 1, 2012 • Patience is a virtue that can be hard to recover when you're trapped in rush-hour traffic or stuck in a long line at the bank. In Patience: The Art of Peaceful Living, Allan Lokos explains how to abandon anger and unhappiness and forge a path to a patient existence. Patience : NPR "Peace can be found within, no matter the external circumstances," Allan Lokos writes in "Patience: The Art of Peaceful Living." Patience: The Art of Peaceful Living - The Good Men Project He is the author of Patience: The Art of Peaceful Living and Pocket Peace: Effective Practices for Enlightened Living. His writing has appeared in The New York Times, Tricycle magazine (for which he also led a month-long online retreat), The Huffington Post, Beliefnet, Back Stage newspaper, and the anthology, Audacious Creativity . Patience: the Art of Peaceful Living | Survive Your ... Patience: The Art of Peaceful Living PDF ebook By Author: 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." [PDF] Free download Patience: The Art of Peaceful Living ... 46 quotes from Patience: The Art of Peaceful Living: 'You cannot control the results, only your actions.' Patience Quotes by Allan Lokos - Goodreads 1. "One minute of patience, ten years of peace." ~ Greek proverb. 2. "Have patience, my friend, have patience; For Rome wasn't built in a day! You wear yourself out for nothing in

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individuals who have enhanced their lives by learning patience. **Patience: The Art of Peaceful Living** | IndieBound.org **Patience: The Art of Peaceful Living** is a comprehensive exploration of one of life's most essential, yet elusive virtues. The author explores the nature of anger and impatience and offers in-depth practices for developing true patience to the point where it becomes part of who we are. Allan Lokos Unity Church of Peace is supported by your free-will offerings. If you would like to make a tax-deductible contribution to support us, you may do so online through our secure PayPal account.

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The above suggestions were made by callers to an episode of NPR's Talk of the Nation that featured author Allan Lokos speaking about his new book, *Patience: The Art of Peaceful Living*. Allan's book is filled with many practical suggestions for how you can master patience. Patience is a matter of control.

### **Patience: The Art of Peaceful Living: Allan Lokos ...**

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He is the author of *Patience: The Art of Peaceful Living* and *Pocket Peace: Effective Practices for Enlightened Living*. His writing has appeared in *The New York Times*, *Tricycle* magazine (for which he also led a month-long online retreat), *The Huffington Post*, *Beliefnet*, *Back Stage* newspaper, and the anthology, *Audacious Creativity*.

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*Patience The Art Of Peaceful Meditation* master, Allan Lokos is the founder and guiding teacher of the community meditation center in New York City. He's the author of *Patience: The Art of Peaceful Living*, *Pocket Peace ...*

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Allan Lokos, founder and guiding teacher of the Community Meditation Center in New York City, is the author of *Patience: The Art of Peaceful Living* and *Pocket Peace: Effective Practices for Enlightened Living*. His writing has appeared in *The NY Times*, *The Huffington Post*, *Tricycle* magazine and he has taught at Columbia University...

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In "Patience: The Art of Peaceful Living," Allan Lokos has not only written a profound book, but has done so beautifully, with intelligence, insight, humor, and wisdom. It is a gem and a "must-read." A book about a virtuous quality could easily be dry and academic but Lokos writes with such warmth and skill that one feels guided by a compassionate master.

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A visual & musical meditation on *Patience: Art of Peaceful Living* by Allan Lokos, published Tarcher / Penguin Jan 5th, 2012. design & animation: obtuse-ny.com.

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