



Patience: The Art of Peaceful Living

By Allan Lokos

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"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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Patience: The Art of Peaceful Living By Allan Lokos Bibliography

- Sales Rank: #149351 in Books
- Brand: Unknown
- Published on: 2012-01-05
- Released on: 2012-01-05
- Original language: English
- Number of items: 1
- Dimensions: 8.20" h x .60" w x 5.40" l, .54 pounds
- Binding: Paperback
- 240 pages

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Editorial Review

Review

"Patience is a thoughtful and always interesting book, and one that engages our attention. It challenges many of the assumptions and misconceptions we have about ourselves and the world. It offers us the means to find release from self-inflicted (and other-inflicted) pain. As The Beatles sang many years ago, "we all want to change the world." Patience would be a terrific place to start."

—**The Huffington Post**

"Along with suggesting exercises and meditation practices for cultivating mindfulness and patience, Lokos offers testimonials from individuals who have enhanced their lives by learning patience. His laugh-out-loud chapter on raising children is a treasure. A great deal of the world's problems could be solved by taking Lokos's advice." — **Susan DeGrane, *Booklist***

"This book, both practical and profound, is a wonderful demonstration of just how to bring patience and a new way of being right into our daily lives. It is filled with insight, warmth, and compassion." — **Sharon Salzberg, author of *Real Happiness* and *Lovingkindness***

"Allan Lokos has a depth of experience that is woven throughout this fine book. He reaches with both mind and heart into the nature of patience. As Lewis and Clark mapped our way into the timeless beauty of the Northwest, Lokos is a very wise and human guide who breaks trail into the country of patience, marking all the sacred sites along the way and honoring all the sacred guides who have come before." — **Mark Nepo, author of *The Book of Awakening***

"Down-to-earth, full of ways to become more patient in challenging situations at home and at work, this book helps you develop one of the most important of all virtues for fast-paced, stressful, and often frustrating life today." — **Rick Hanson, Ph.D., author of *Buddha's Brain***

"In this gem of a book Allan Lokos invites us to attend to and practice what is perhaps the most overlooked of all spiritual qualities. Patience is an important read for everyone." — **Andrew Olendzki, Ph.D., Senior Scholar, Barre Center for Buddhist Studies**

"Allan Lokos has written an essential and profound book that can change your life. Spiritual growth is not like fast food. It takes time for its roots to grow and that requires us to be receptive and patient. *Patience* delves into its vital subject with wisdom and compassion and offers us a path to our own higher self. Understanding the challenges of our hurried and harried world, Lokos has written a remarkable and practical guide to becoming a truly patient and spiritually effective person." — **Rabbi Zalman SchachterShalomi, author of *Jewish with Feeling***

"Drawing on Buddhist teachings and his own deep wisdom, Allan Lokos reminds us of the peace and freedom that is possible when we cultivate genuine patience. The stories and exercises give practical guidance in coming home to an openhearted presence in the midst of difficulty. This book is a compelling and beautiful invitation to pause and arrive fully in our life." — **Tara Brach, Ph.D. Author of *Radical Acceptance***

About the Author

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 Teacher's College, Albert Einstein College of Medicine, Marymount College, The Rubin Museum, NY Insight Meditation Center, NY Open Center, Insight Meditation Community of Washington, and Tibet House. Earlier in this life Allan was a professional singer appearing in the original Broadway productions of *Oliver!* and *Pickwick*. He lives in New York City.

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What do you with regards to book? It is not important along with you? Or just adding material when you need something to explain what yours problem? How about your free time? Or are you busy particular person? If you don't have spare time to complete others business, it is gives you the sense of being bored faster. And you have free time? What did you do? Everyone has many questions above. They have to answer that question since just their can do that. It said that about book. Book is familiar in each person. Yes, it is correct. Because start from on kindergarten until university need this specific *Patience: The Art of Peaceful Living* to read.

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