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we cultivate genuine patience. The stories and exercises give practical guidance in coming home to an openhearted presence in the midst of difficulty.

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I have just finished reading Patience: The Art of Peaceful Living, by Allan Lokos, the founder and guiding

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teacher of the Community Meditation Center in New York 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

"Drawing on Buddhist teachings and his own

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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.

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founder and guiding
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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

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**Patience : The Art of
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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
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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.

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Allan Lokos the author of Patience: The Art of Peaceful Living and

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founder of the
Community Meditation
Center of New York
recently shared his
thoughts about
patience and how it
helps us live more
fulfilled lives. On the
eve of publication of
his book, I'd like to
share his thoughts with
you. How has your
emphasis on
meditation changed
your life?

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46 quotes from
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cannot control the
results, only your
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The Art of Peaceful
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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

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in depth exploration of the concepts & practices found in his new book Patience: The Art of Peaceful Living published by Tarcher Books, Jan 2012. This is the first part of a...

Highlights of Patience : Art of Peaceful Living Part 1 with Allan Lokos

Patience : the art of peaceful living. [Allan Lokos] -- "To survive

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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.

Patience : the art of peaceful living (eBook, 2012 ...

Back to school: Finding peace & harmony — Part 1 Balancing work, school and home life requires patience,

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creativity and grace for
working parents. Here
are some tips to make
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