



# 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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