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### **Patience The Art Of Peaceful**

"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

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give practical guidance in coming home to an openhearted presence in the midst of difficulty.

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

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

## **Patience: The Art of Peaceful Living - Kindle edition by ...**

9781585429004"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.

## **Patience : The Art of Peaceful Living - Walmart.com ...**

# Bookmark File PDF Patience The Art Of Peaceful Living Allan Lokos

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**

*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.

## **Patience: The Art of Peaceful Living | Pasos Peace Museum**

*Patience: The Art of Peaceful Living* by Allan Lokos An apparently unread copy in perfect condition. Dust cover is intact; pages are clean and are not marred by notes or folds of any kind. At ThriftBooks, our motto is: [Read More, Spend Less.](#)

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## **Patience: The Art of Peaceful Living by Allan Lokos | eBay**

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

## **Patience: the Art of Peaceful Living | Survive Your ...**

"Peace can be found within, no matter the external circumstances," Allan Lokos writes in " Patience: The Art of Peaceful Living." "Forgive me, Allan," I thought, when I read his book for the first...

## **Patience: The Art of Peaceful Living - The Good Men Project**

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46 quotes from Patience: The Art of Peaceful Living: 'You cannot control the results, only your actions.'

### **Patience Quotes by Allan Lokos - Goodreads**

Patience (Paperback) The Art of Peaceful Living. By Allan Lokos. TarcherPerigee, 9781585429004, 240pp. Publication Date: January 5, 2012. List Price: 14.95\* \* Individual store prices may vary. Description

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Patience: The Art of Peaceful Living - Ebook written by Allan

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

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**

Allan Lokos begins an 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...

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

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

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

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