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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!

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Podcast 340: Patience: The Art of Peaceful Living with Allan Lokos In a recent interview with author Allan Lokos we discussed his new book entitled " Patience: The Art of Peaceful Living ". Allan's book was born one summer evening when a dear friend made a comment "Just about every mistake I have every made and every unkind word I have ever spoken might have been avoided if I had been more patient."

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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*.

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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. *Lost Your 'Patience'? A Guide To Help You Find It*

~~Patience : NPR~~

Patience: the Art of Peaceful Living. January 4, 2012. 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.

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

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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.

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