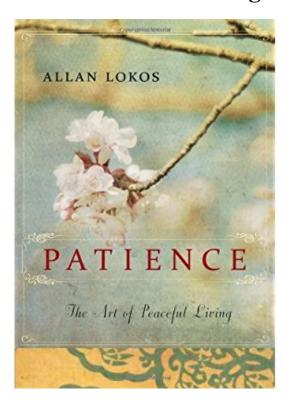
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Review "Patience is a thoughtful and always interesting book, and one that engages our attention. It challenges many of the assumptions and misconceptions we have about ourselves and the world. It offers us the means to find release from self-inflicted (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 Read more 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, Read more Patience: The Art of Peaceful Living: Allan Lokos ... www.amazon.com > Books > Politics & Social Sciences > Philosophy... is the author of Patience: The Art of Peaceful Living and ... Wonderful book on patience! ... Goodreads Book reviews & recommendations: Patience: The Art of Peaceful Living by Allan Lokos ...https://www.goodreads.com/book/show/11204313-patience3.9/5 · 30 reviews · By Allan Lokos · 240 pagesPatience has 162 ratings and 30 reviews. ... reading

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#### **Reviews:**

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