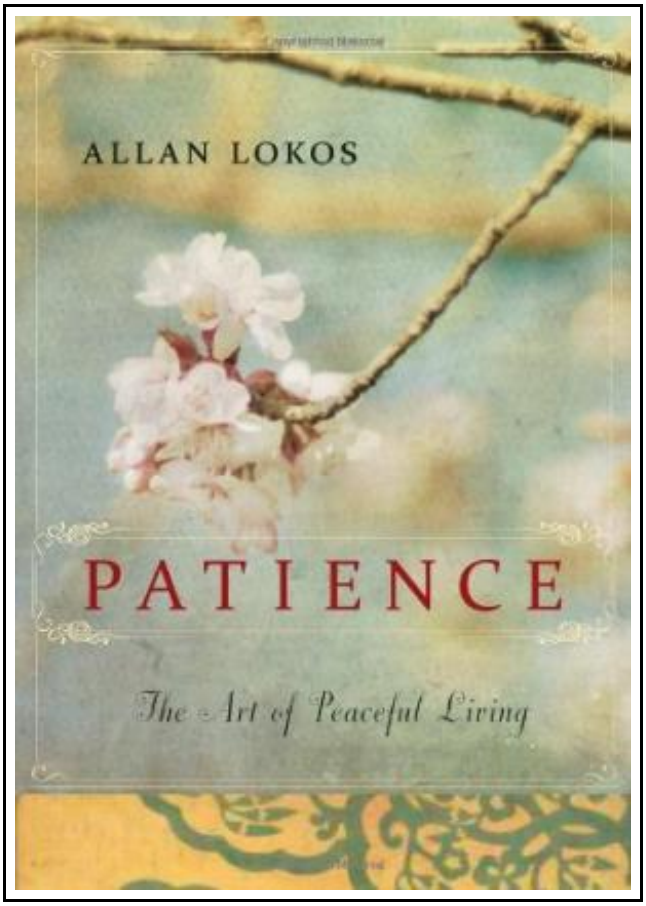
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Reviews

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Tarcher. Paperback. Book Condition: New. Paperback. 240 pages. Dimensions: 8.2in. x 5.5in. x 0.6in.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 ones 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. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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