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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 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

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Peaceful Living “Learn the art of patience. Apply discipline to your thoughts when they become anxious over the outcome of a goal. Impatience breeds anxiety, fear, discouragement and failure. Patience creates confidence, decisiveness, and a rational outlook, which eventually leads to success.” ~ Brian Adams 50

Inspiring Quotes on Patience (Find Peace of Mind ... 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 46 quotes from Patience: The Art of Peaceful Living:

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'You cannot control the results, only your actions.' Patience Quotes by Allan Lokos - Goodreads 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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