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Allan Lokos In a recent  
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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

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word I have ever spoken  
might have been avoided if I  
had been more patient.”

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Allan Lokos, founder and

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guiding teacher of the  
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in New York City, is the  
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Lokos. 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.



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**Lokes** On the eve of publication of his book, I'd like to share his thoughts with you.

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