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**Bread for the Journey Radio
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March 31st 2012: Patience: The Art of Peaceful
Living. An interview with Allen Lokos**

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Join your host Marianna Cacciatore as she interviews Allen Lokos, spiritual teacher and author of Pocket Peace: Effective Practices for Enlightened Living and the new best-seller Patience: The Art of Peaceful Living. Lokos' inspiration for his latest book began with a bolt of recognition as a friend mused, "Just about every mistake I have ever made and every unkind word I have ever spoken might have been avoided if I had been more patient." Lokos suspects that this is also true for many of us. Might the practice of patience enable us to be more kind, generous, and peaceful in our lives?

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Featured Guest



ALLAN LOKOS

ALLAN LOKOS is the founder and guiding teacher of The Community Meditation Center in New York City. He is the author of the best seller Patience: The Art of Peaceful Living and Pocket Peace: Effective Practices for Enlightened Living. His writing has appeared in

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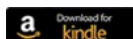
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