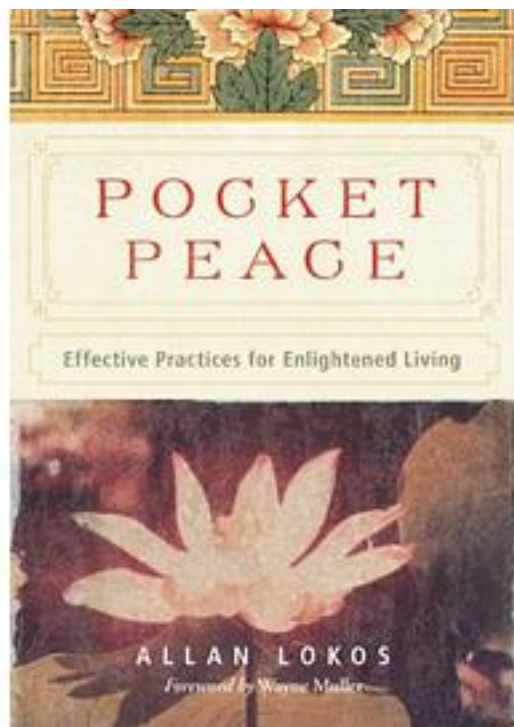


# Pocket Peace



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著者:by Allan Lokos

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We live in a turbulent world in which we are often forced to respond on a dime to challenging or even life-altering situations. To react wisely in difficult moments one needs to be quick on one's feet, but also quick of mind. In *Pocket Peace*, interfaith minister and Buddhist practitioner Reverend Allan Lokos provides readers with concise yet incisive daily "pocket practices" that will enable them to act in accordance with their truest and best selves.

If you want to run a marathon, you must train slowly and purposefully for months. Likewise, if you want to be your best self and learn to confront whatever comes your

way with kindness, compassion, and generosity, you need to . . . practice. This elegantly packaged little book is full of wisdom and teachings the reader can literally pull from their pocket each day. A small yet powerful spiritual companion that intertwines personal anecdotes and age-old wisdom with practical guidance, Pocket Peace sets readers on the path to inner peace and lasting happiness.

作者介绍:

Allan Lokos is the founder/guiding teacher of the Community Meditation Center and the director of the Community of Peace and Spirituality in New York City. A former professional singer who was in the Broadway productions of Oliver! and Pickwick, Lokos teaches the interfaith perspective and core Buddhist practices at New York Insight Meditation Center, The New Seminary, One Spirit Interfaith Seminary, and Marymount College. A regular contributor to Tricycle magazine, he lives in New York City.

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书评

作为佛教徒，总是对某种题材特别感兴趣。希望读到这本书。  
第一次申请，不知道自己做得对不对。请企鹅大人指导和包容。谢谢~~~

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