



Pocket Peace: Effective Practices for Enlightened Living

Allan Lokos

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Pocket Peace: Effective Practices for Enlightened Living Allan Lokos
An elegantly packaged "pocket-size" guide to weathering life's storms

"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*

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.



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