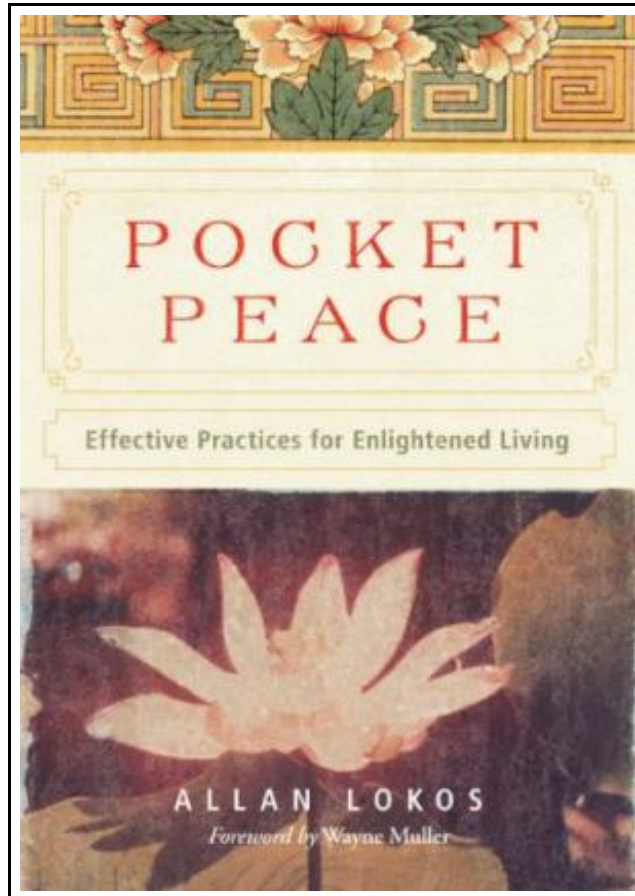


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Reviews

It is one of my personal favorite publications. Indeed, it actually performs, still an amazing and interesting literature. It has been printed in an exceptionally easy way which is merely soon after I finished reading this book where it really altered me, changing the way I believe.

(Neal Homenick IV)

POCKET PEACE: EFFECTIVE PRACTICES FOR ENLIGHTENED LIVING



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Tarcher. Paperback / softback. Book Condition: new. BRAND NEW, Pocket Peace: Effective Practices for Enlightened Living, Allan Lokos, An elegantly packaged "pocket-size" guide to weathering life's storms 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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