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Pocket Peace

A discussion with Allan Lokos, author of *Pocket Peace - Effective Practices for Enlightened Living*.

Allan Lokos

Pocket Peace is a beautifully written, practical guide to transforming our everyday experience into one of greater peace. Allan Lokos warmly takes us by the hand and leads us, as a friend, into an exploration of a genuine path to happiness.

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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.

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'Pocket Peace' Offers Bite-Sized Bits of Happiness, Calm

Lokos offers this pocket practice for a change in perspective: every day for a week, sit quietly for five minutes, and simply say to yourself "only I can destroy my peace and I choose not to do so."

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