



The Power of Patience: How to Slow the Rush and Enjoy More Happiness, Success, and Peace of Mind Every Day

By M.J. Ryan

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It has become the norm of our fast-paced world to expect everything to happen instantaneously, and for us to become instantly aggravated when it doesn't. The result is that we can feel frantic and rushed, stressed and unhappy nearly all the time. In *The Power of Patience*, M. J. Ryan teaches us how to slow the rush and reclaim the forgotten virtue of patience on a daily basis. She shows how doing so allows us to make better decisions and to feel better about ourselves every day.

As the creator of the bestselling books, *Random Acts of Kindness* and *Attitudes of Gratitude*, M.J. Ryan discovered that the classic virtues have enduring power to bring light and love into our lives. With *The Power of Patience*, she shares what she has learned about the gifts that this old-fashioned quality can bestow, the attitudes that foster a patient outlook, and the practical tools that help us to respond patiently in any given moment.

The Power of Patience calls on us to reclaim our time, our priorities, and our ability to respond to life with a firmly grounded sense of who we are. It is the best gift, we soon learn, that we can give ourselves.

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Editorial Review

Review

"This book is a true gift to the world. It's insightful and full of calm, helpful wisdom."

-Richard Carlson, author of **DON'T SWEAT THE SMALL STUFF**

"Many good people, myself included, have problems with impatience and will benefit, as I did, from this lively, insightful book."

-Rabbi Harold Kushner, author of **WHEN BAD THINGS HAPPEN TO GOOD PEOPLE**

"I have been a long-time fan of M.J. Ryan's books and she continues to outdo herself with her new book, **THE POWER OF PATIENCE**. The book is filled with practical, heart-centered nuggets that open the door to experiencing what we all seek, infinite patience."

-Gerald G. Jampolsky, M.D., author of **SHORTCUTS TO GOD**

"When it comes to patience, we don't have to change old habits; we can build better ones. M.J. Ryan shows us how."

-Sue Bender, author of **PLAIN AND SIMPLE STRETCHING LESSONS: The Daring that Starts from Within**

From the Inside Flap

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From the Back Cover

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