



Through the Flames: Overcoming Disaster Through Compassion, Patience, and Determination

Allan Lokos

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After miraculously surviving a plane crash in Myanmar, Allan Lokos shares what his long and painful recovery process is teaching him about humanity's ability to survive—and even thrive—in the face of suffering.

In **Through the Flames**, Allan Lokos tells the terrifying story of being on board a plane on Christmas Day with his wife, Susanna, when it crashed and exploded in flames. Lokos was severely burned in the accident, and in the days and weeks following the crash, Susanna was told by the many doctors who examined Lokos that he would not survive.

As founder and guiding teacher of the Community Meditation Center in New York City, Lokos had spent decades cultivating compassion and non-attachment. Since the plane crash, his Buddhist practice has been mightily tested. In this inspiring account of his against-all-odds recovery, Lokos uses his experience as a window through which to examine the challenge of human suffering in general and addresses the question of how we can thrive in the midst of pain and uncertainty.

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