



# Martin Cohen

DEC 9, 1930 - NOV 6, 2016



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## Martin Cohen

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**M**artin Cohen, born December 9, 1930, lived his life exactly the way he passed away on November 6, 2016: with inner peace.

"Inner peace (or peace of mind or inner calmness) refers to a state of being mentally and spiritually at peace, with enough knowledge and understanding to keep oneself strong in the face of discord or stress."

"Being "at peace" is considered by many to be healthy (homeostasis) and the opposite of being stressed or anxious, a state where our mind performs at an optimal level with a positive outcome. Peace of mind is thus generally associated with bliss, happiness and contentment."

He said on many occasions that he didn't want to have to deal with any pressure, anxiety, stress, tension, or aggravation in his life. Inner peace, peace of mind, and inner tranquility were what he was always seeking. He didn't need to seek out these qualities, for it was these qualities that enabled him to live a great life. These qualities also allowed him to pass away peacefully and with a calmness that was comforting to everyone who loved and cared for him.

It is appropriate that he be laid to rest on Veterans Day as he was a proud veteran of the armed forces.

He graduated from Temple University with a degree in Accounting. He graduated from the University Of Pennsylvania with a degree in law. He was a well respected private practice attorney known for having a great rapport with both his peers and especially with all of his clients.

Most importantly, Martin Cohen worked hard to provide for his family. He lived a life of great generosity. He is survived by his wife of 56 years Lorna, his beloved son Scott, daughter Wendy Woloshin, son-in-law Dr. Jeffrey Woloshin, granddaughters Monica and Stephanie, and his brother Philip.



## Tribute Wall

**Martin Cohen**

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**Donna Jacoby** sent a virtual gift in honor of Martin.

Thoughts and prayers to your family from Seth and Donna Jacoby.

November 9 at 4:49 PM





## **Memories only last if you share them**

Join us in honoring Martin by contributing to a collection of shared memories.



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