

Reclaim Your Heart Yasmin Mogahed Fb

If this guy can find actual happiness, so can you—and you'll have fun along the way. A refreshing new voice—without pretense, and with a real gift for clear expression. Let's face it: we all have a motivating drive to become "better." what we have and who we are never seem to be good enough. This feeling that something is wrong or needs to be fixed causes us to continuously run around, chasing after what we feel will finally fulfill us. But what if these very conditions that we are constantly trying to escape from could be used as a way to awaken ourselves—to connect with the peace already within us? A Fool's Guide to Actual Happiness offers a realistic roadmap for working toward inner peace without needing to be someone you're not. With humor and refreshing simplicity, Van Buren shows how everything life throws at you, good and bad, can be used as a means to cultivate compassion, wisdom, and loving-kindness. This book allows you to explore who you are—warts and all—and gives you tools to love and accept what you find.

Sailing away from her first book, An Ocean of Grey, Kamalia Hasni's second book, A Wave of Dreams, is another collection of poetry and prose, each one complemented with gorgeous illustrations by three featured artists. The book follows the author's journey in healing from previous heartbreak, her empowering discovery of self-love and independence, her experiences and struggles in living alone in a new country, and her courage in giving love a second chance.

(Preview) An Ocean of Grey by Kamalia Hasni is a collection of modern poetry and prose that explores the pain and aftermath of a romantic love that was promised a forever but had ended too soon. This e-book edition includes song recommendations accompanying each written poem. Note: This is a preview for the An Ocean of Grey e-book that is currently only available to be purchased on Amazon Kindle. Unlike the physical edition published by Meraki Press, this e-book edition does not include illustrations. Excerpt:

"We've now been apart for as long as we were together. Isn't it strange that in the same amount of time, being lonely and broken feels like an eternity, whereas the time of feeling the comfort of your love, felt like a dream that ended much too soon." - Kamalia Hasni ("eternity // dream") Praise for

An Ocean of Grey: "An Ocean of Grey is a great book of poetry with lots of heart and soul. Hasni could very well compete with other famous poets from this time and this first book of hers is hoped not to be her last. I highly recommend it to all lovers of poetry, and lovers of words."

- Ashvin "I absolutely recommend this book to those who had recently gone through a breakup or is still in the process of healing. Perhaps you might find words of comfort through this, knowing that someone knows exactly how you feel." - Joanna

Rowdy, ecstatic, and sometimes stern, these teaching stories and fables reveal new and very human properties in Rumi's vision. Included here are the notorious "Latin parts" that Reynold Nicholson felt were too unseemly to appear in English in his 1920s translation. For Rumi, anything that human beings do—however compulsive—affords a glimpse into the inner life. Here are more than 40 fables or teaching stories that deal with love, laughter, death, betrayal, and the soul. The stories are exuberant, earthy, and bursting with vitality—much like a painting by Hieronymus Bosch or Chaucer's Canterbury Tales. The characters are guilty, lecherous, tricky, ribald, and finally possessors of opened souls. Barks writes: "These teaching stories are a kind of scrimshaw—intricately carved, busy figures, confused and threatening, and weirdly funny. This is an entertaining collection from one of the greatest spiritual poets of all time, rendered by his most popular translator. "The minute I heard my first love story, I started looking for you, not knowing how blind that was. Lovers don't finally meet somewhere. They're in each other all along."--Rumi

Partners, Resources, and Strategies

A Wave of Dreams

Portraits and Stories of Hope, Survival, Loss, and Love

First in the Morning

A Former Muslim Investigates the Evidence for Islam and Christianity

Women Around the Messenger

The words found in this book are my voice and my letter to the world. I wanted to give back, in hopes of helping myself and others survive. Just as we will fall in life, so will we rise. There is hope. There is beauty. There is love.

In the face of Islam's own internal struggles, it is not easy to see who we should support and how. This report provides detailed descriptions of subgroups, their stands on various issues, and what those stands may mean for the West. Since

the outcomes can matter greatly to international community, that community might wish to influence them by providing support to appropriate actors. The author recommends a mixed approach of providing specific types of support to those who can influence the outcomes in desirable ways.

Reclaim Your Heart is not just a self-help book. It is a manual about the journey of the heart in and out of the ocean of this life. It is a book about how to keep your heart from sinking to the depths of that ocean, and what to do when it does. It is a book about redemption, about hope, about renewal. Every heart can heal, and each moment is created to bring us closer to that transformative return. Reclaim Your Heart is about finding that moment when everything stops and suddenly looks different. It is about finding your own awakening. And then returning to the better, truer, and freer version of yourself. Many of us live our lives, entrapped by the same repeated patterns of heartbreak and disappointment. Many of us have no idea why this happens. Reclaim Your Heart is about freeing the heart from this slavery. It is about the journey in and out of life's most deceptive traps. This book was written to awaken the heart and provide a new perspective on love, loss, happiness, and pain. Providing a manual of sorts, Reclaim Your Heart will teach readers how to live in this life without allowing life to own you. It is a manual of how to protect your most prized possession: the heart.

The extraordinary life of the man who founded Islam, and the world he inhabited—and remade. Lesley Hazleton's new book, *Agnostic: A Spirited Manifesto*, is out now from Riverhead Books. Muhammad's was a life of almost unparalleled historical importance; yet for all the iconic power of his name, the intensely dramatic story of the prophet of Islam is not well known. In *The First Muslim*, Lesley Hazleton brings him vibrantly to life. Drawing on early eyewitness sources and on history, politics, religion, and psychology, she renders him as a man in full, in all his complexity and vitality. Hazleton's account follows the arc of Muhammad's rise from powerlessness to power, from anonymity to renown, from insignificance to lasting significance. How did a child shunted to the margins end up revolutionizing his world? How did a merchant come to challenge the established order with a new vision of social justice? How did the pariah hounded out of Mecca turn exile into a new and victorious beginning? How did the outsider become the ultimate insider? Impeccably researched and thrillingly readable, Hazleton's narrative creates vivid insight into a man navigating between idealism and pragmatism, faith and politics, nonviolence and violence, rejection and acclaim. *The First Muslim* illuminates not only an immensely significant figure but his lastingly relevant legacy.

Rumi: The Big Red Book

Putting Life in Perspective

No God but One: Allah or Jesus? (with Bonus Content)

Summary of Yasmin Mogahed's Reclaim Your Heart

Where Hope Begins

The First Muslim

This book is about how to keep your soul and heart from sinking to the depths of that ocean, and what to do if it does. The book is full of practical advice on how to

replace sadness with a pragmatic and ultimately satisfying outlook on life. It exposes to the modern reader how God teaches us to deal with the tests and tribulations of this world. So, take heart and hold firmly onto the rope of God. As a teen, Mike Papale had one dream: to play college basketball. He was laser-focused—training like an Olympic hopeful to make his dream reality. Out of nowhere, his world changed. August 24, 2006, while coaching a summer camp basketball game, he slumped over, unresponsive, turning blue within minutes. He was 17, and had gone into cardiac arrest. With no AED on site, he was given a one in a million chance to survive. He was soon diagnosed with Hypertrophic Cardiomyopathy, or HCM, which, left undiagnosed and untreated, can lead to sudden cardiac arrest. At the time, he was crushed—processing the life-altering news he would never be able to play competitive basketball again. He quickly realized he was fortunate to be alive, and redefined his life's purpose. *A Big Heart* brings the reader on Mike's story of reinvention, hope, and survival. It is guaranteed to inspire readers to battle adversity and attack their dreams! Nouman Ali Khan offers insights on how to reorient our lives for success in both this world and the next.

The Spiritual Poems of Rumi is a beautiful and elegantly illustrated gift book of Rumi's spiritual poems translated by Nader Khalili, geared for readers searching for a stronger spiritual core.

A Treasure Chest of Reminders

A Big Heart

Power Prayers for Women

The Lives of Muhammad

Lessons from the Life of Muhammad

Happiness Every Day

Sometimes we're allowed to glimpse the beauty within the brokenness . . .

Savannah Barrington has always found solace at her parents' lake house in the Berkshires, and it's the place that she runs to when her husband of over twenty years leaves her. Though her world is shaken, and the future uncertain, she finds hope through an old woman's wisdom, a little girl's laughter, and a man who's willing to risk his own heart to prove to Savannah that she is worthy of love. But soon Savannah is given a challenge she can't run away from: Forgiving the unforgivable. Amidst the ancient gardens and musty bookstores of the small town she's sought refuge in, she must reconcile with the grief that haunts her, the God pursuing her, and the wounds of the past that might be healed after all. *Where Hope Begins* is the story of grace in the midst of brokenness, pointing us to the miracles that await when we look beyond our own expectations.

Imagine having to stand in front of Allah (s.w.t.) and watch the sin being committed in front of you then having to explain it. Allah (s.w.t.) mentions in surah Ali Imran, verse 135, "And those who, when they commit immorality or wrong themselves [by transgression], remember Allah and seek forgiveness for their sins..." Keep the door of repentance open between you and Allah because He is always ready to forgive you.

This inspirational collection of prayers and reminders is the perfect companion for anyone who wishes to connect to the Divine. Shaykh Omar Suleiman provides us with thirty short prayers taken from the teachings of the Prophet Muhammad and the early generations, each with a short reminder to deepen the impact of the prayer in our lives. *Prayers of the Pious* provides spiritual gems that serve as valuable wisdom and practical advice for the soul. By reading this short work with

an attentive heart, the reader can cultivate love for God and His Messenger and live life with gratitude and contentment.

Afflictions that assail and control people--such as miserliness, envy, treachery, malice, and arrogance--are examined in a study that discusses the causes and cures of these diseases and reveals how Islamic spirituality deals with spiritual and psychological problems. Original.

Chicken Soup for the Recovering Soul Daily Inspirations

Revive Your Heart

Rumi's Little Book of Love and Laughter

Layoverland

The Story of Muhammad

Signs, Symptoms, and Cures of the Spiritual Diseases of the Heart : Translation and Commentary of Imam Mawlud's Matharat Al-Qulub

365 DAILY TIPS FOR A HAPPIER LIFE The moment you opened your eyes this morning, your soul began its daily pursuit of happiness; the search for comfort, meaning, peace and joy in the day. This book is here to help you with that everyday pursuit. Written from an Islamic angle, it consists of 365 tips that will inject happiness into each day of your year. This book will; push you to take practical steps to find pleasure, teach you the art of positive thinking, uncover your eyes to show you the beauty around you, entice you to be a better person, instil love into your heart for God and, most importantly, serve to remind you of the ultimate purpose of your life. 'Happiness Every Day' offers to be your good companion that will stay with you every single day, for the rest of your life on Earth. But not only that, it also offers to help you on your journey to Heaven; the place of eternal happiness. Also by Safiya Hussain: *Three Thousand Miles for a Wish*

A Sponsorship Guide for 12-Step Programs offers the reader far-ranging suggestions, based on concrete experience, for the most common issues and dilemmas that arise when one agrees to become a sponsor in any 12-step program. Seventeen sponsors (with collective recovery time of over 250 years) share their experience and insights as they describe common situations sponsors face and relate the solutions they used. This is the first book of its kind--for sponsors, by sponsors. Divided into three main sections--"Sponsorship Basics," "Working the Steps with a Sponsee," and "Common issues that Come Up"--this book will be of use to anyone who has agreed to be a sponsor, or anyone who does not have access to a sponsor. *A Sponsorship Guide* is like having a sponsor in a book.

We are living in a time of unrest for many members of the Islamic faith around the globe. Enter *Muslims of the World*, a book based on the popular Instagram account @MuslimsoftheWorld1. Like the account, the book's mission is to tell the diverse stories of Muslims living in the US and around the world.

Illustrated throughout with moving photographs, each chapter will focus on different aspects of the Islamic faith and the many varying cultures it encompasses, offering tales of love, family, and faith while empowering Muslim women, refugees, and people of color. Whether it is telling a story

about a young Syrian refugee who dreams of being a pilot or about a young girl's decision to not remove her hijab, which in turn saved her family's life, Muslims of the World aims to unite people of all cultures and faiths by sharing the hopes, trials, and tribulations of Muslims from every walk of life.

Originally published: [London]: Quilliam, 1991 (Classics of Muslim spirituality; 3).

A modern poetry book about love, heartbreak and healing

The Shafi'i Handbook of Purity, Prayer and Fasting

Lost Islamic History

An Ocean of Grey

In the Footsteps of the Prophet

A Sufi Master Explains the Human States : Before Life, in the World, and After Death

Mind Platter is a compilation of reflections on life as seen through the eyes of an educator, student, and human who experienced her early days in silence. It is written in the words of a woman who came from Lebanon to Canada at the age of sixteen and experienced what it was like to have fate push her to a place where she didn't belong. It is written in the voice of every person who has felt unheard, mistreated, misjudged, or unseen. The book contains over 200 one-page reflections on topics we encounter in our everyday lives: love, friendship, hurt, inspiration, respect, motivation, integrity, honesty, and more. Mind Platter is not about the words it contains, but what the reader makes of them. May this book give a voice to those who need one, be a crying shoulder for those who yearn for someone to listen, and inspire those who need a reminder of the power they have over their lives.

Islam has been one of the most powerful religious, social and political forces in history. Over the last 1400 years, from origins in Arabia, a succession of Muslim polities and later empires expanded to control territories and peoples that ultimately stretched from southern France to East Africa and South East Asia. Yet many of the contributions of Muslim thinkers, scientists and theologians, not to mention rulers, statesmen and soldiers, have been occluded. This book rescues from oblivion and neglect some of these personalities and institutions while offering the reader a new narrative of this lost Islamic history. The Umayyads, Abbasids, and Ottomans feature in the story, as do Muslim Spain, the savannah kingdoms of West Africa and the Mughal Empire, along with the later European colonization of Muslim lands and the development of modern nation-states in the Muslim world. Throughout, the impact of Islamic belief on scientific advancement, social structures, and cultural development is given due prominence, and the text is complemented by portraits of key personalities, inventions and little known historical nuggets. The history of Islam and of the world's Muslims brings together diverse peoples, geographies and states, all interwoven into one narrative that begins with Muhammad and continues to this day.

Please note: This is a companion version & not the original book. Sample Book Insights: #1 We all love gifts. We love the blessings that beautify our lives. But what happens when a gift becomes more than just a gift. When a want becomes a need, a favor becomes a dependency, and a gift is no longer only a gift. #2 The tragedy of our choice is that we chain our necks with attachments, and then ask why we choke. We put aside our Real air, and then wonder why we can't breathe. We give up our only food, and then complain when we're dying of starvation. #3 The true purpose of the gift is to bring us to God. We will suffer the moment we turn our wants into needs and our one true need into a commodity we think we can do without. #4 The foundation of Islam is tawheed, or Oneness, but tawheed is not just about saying that God is One. It is about the Oneness of purpose, of fear, of worship, and of ultimate love for God. It is about the oneness of vision and focus.

Awakening on a flight to purgatory after hurting her beloved younger sister, Bea is charged with

saving thousands of souls to secure her place in heaven before discovering that one of her first assignments involves helping the boy who caused her fatal accident.

Repentance: Breaking Habits of Sin

The Lost Way to the Good

You Can Be the Happiest Woman in the World

The Spiritual Poems of Rumi

A Sponsorship Guide for 12-Step Programs

Civil Democratic Islam

A selection of beautiful and practical pieces of advice from the Quran, the Prophet PBUH and Islam's great scholars on repentance, guidance and purification. This book is designed to serve as a source of hope and strength for those going through difficult times, while providing numerous important pieces of knowledge and guidance for all readers and all times

Do you feel overwhelmed right now with all the pressures and uncertainties of life? Does the thought of your past failures, failed relationships and negative labels drag you down? Have you ever wished that you could just leave everything behind and start fresh? Are you ready to finally let go, move on and live a happy and joyful life? If you keep bringing negative baggage from yesterday, it will eventually poison your future. You may have had an unfair past, but the truth is, you don't need to have an unfair future. You may have had a rough start in your marriage, your business, your career – but it's not how you start that matters most, it's how you finish. Let us begin the exploration of your journey towards “surrendering” in this book. And may we all find the strength to let go, the capacity to forgive, and the faith to move on.

Named by Time magazine as one of the 100 most important innovators of the century, Tariq Ramadan is a leading Muslim scholar, with a large following especially among young European and American Muslims.

Now, in his first book written for a wide audience, he offers a marvelous biography of the Prophet Muhammad, one that highlights the spiritual and ethical teachings of one of the most influential figures in human history. In the Footsteps of the Prophet is a fresh and perceptive look at Muhammad, capturing a life that was often eventful, gripping, and highly charged. Ramadan provides both an intimate portrait of a man who was shy, kind, but determined, as well as a dramatic chronicle of a leader who launched a great religion and inspired a vast empire. More important, Ramadan presents the main events of the Prophet's life in a way that highlights his spiritual and ethical teachings. The book underscores the significance of the Prophet's example for some of today's most controversial issues, such as the treatment of the poor, the role of women, Islamic criminal punishments, war, racism, and relations with other religions. Selecting

those facts and stories from which we can draw a profound and vivid spiritual picture, the author asks how can the Prophet's life remain -- or become again -- an example, a model, and an inspiration? And how can Muslims move from formalism -- a fixation on ritual -- toward a committed spiritual and social presence? In this thoughtful and engaging biography, Ramadan offers Muslims a new understanding of Muhammad's life and he introduces non-Muslims not just to the story of the Prophet, but to the spiritual and ethical riches of Islam.

First in the Morning: Every morning you probably begin your day by looking at the news and checking your emails – and you will probably agree that this is not the most inspirational start to the day. First in the Morning is Osho talking on a variety of subjects specially selected for the morning. It gives you a different option for your morning routine, a taste of meditation that can carry you through the day. Simply begin each morning by finding a moment to sit quietly, be with yourself, and read the suggested passage. The extracts here, and in the companion volume Last in the Evening, are taken from intimate one-on-one talks with Osho, and he suggested this compilation of his insights on a variety of subjects that include the nature of bliss, joy, and meditation. Whether you are familiar with meditation or a newcomer to the inner world, these two invaluable books, separately or together, can make a real difference to how you approach each day, and your life.

Prayers of the Pious

Timeless Seeds of Advice

Purification of the Heart

Teaching Stories and Fables

Muslims of the World

Reclaim Your Heart

Chicken Soup delivers the perfect pocket-sized support group for everyone on the path to becoming whole. Chicken Soup for the Recovering Soul Daily Inspirations is the perfect book for the millions of people in recovery who live their lives “ one day at a time. ” These 365 daily passages will provide them with a year ’ s worth of wisdom and encouragement to help get through the rough spots or celebrate victories. The book covers universal themes, making it relevant to all types of recovery including chronic illness, behavioral disorders, destructive relationships, alcohol and drug addiction, depression, or eating disorders.

Sample Daily Inspirational themes include: hope, courage, love, anger, forgiving, and more. Covers those dimensions of Islamic rituals of worship – prayer, almsgiving, fasting, Pilgrimage, etc. which are essential to the fulfilment of inner quality. Consists of selections from al-Ghazali's Ihya, a pivotal work in the history of Islamic thought.

Kecia Ali delves into the many ways the Prophet ’ s life story has been told from the earliest days of Islam to the present, by both Muslims and non-Muslims. Emphasizing the major transformations since the nineteenth century, she shows that far from being mutually opposed, these various perspectives have become increasingly interdependent.

Do you want to be happy? We are all looking for an escape from worry, stress and depression, and for ways to find happiness. This book presents the route to happiness in a

nutshell, drawing on Islamic teachings and the voices of experts both western and eastern. So sit back, relax and read it from cover to cover, or dip into it a page or two at a time in between other activities in a busy life as a wife, mother, student or worker.

Personal Insights on Breaking Free from Life's Shackles

Dionysian Platonism, Shin Buddhism, and the Shared Quest to Reconnect a Divided World
The Lives of Man

Translated by Nader Khalili

365 Uplifting Moments to Start the Day Consciously

Reclaiming Muslim Civilisation from the Past

Prayer opens worlds of possibilities-but many people still struggle to pray. Power Prayers for Women will help readers pray, by offering solid biblical reasons to talk to God and specific prayer starters for 21 key areas of life. Topics such as My Emotions, My Home, My Health, My Finances, My Job, My Dreams, My Fears, My History, and My Future are addressed through scripture and the life experiences of women both historic and contemporary. Concise and quick to read, yet packed with spiritual punch, Power Prayers for Women makes an ideal gift for Mother's Day or other special events.

The West has lost its way. But which way was it? Disoriented by postmodern relativism and critical theory, many seek refuge in older certainties of religious or political traditions. But many of these paths, author Thomas Plant maintains, are only recent forks off a wider, older road—a way that belongs as much to the East as to the West, and can unite Christians, Jews, Muslims, Buddhists, and more in pursuit of the truly common Good. This Way is the nondualistic philosophy of Eastern or "theurgic" Platonism. Claiming Indian and Egyptian roots, it entered medieval European universities through the works of Dionysius the Areopagite. Overshadowed in the West, it continued to thrive in Eastern Christian and Sufi spiritual teachings that spread along the Silk Road, providing thereby a basis for creative dialogue with Taoists and Buddhists. The Lost Way to the Good is a guidebook for a spiritual and metaphysical journey with Dionysius from Athens to Kyoto and the True Pure Land Buddhism of Shinran Shonin. Find out, by perusing its pages, where the West deviated from the track, and how even radically differing religious traditions can nonetheless unite to resist the divisive forces of Western secular modernity.

"Really, what other book would anyone ever need?" —Naomi Shihab Nye, author of Honeybee "Elegant and exquisite." —Deepak Chopra, author of Muhammad, Jesus, and Buddha The Big Red Book is a poetic masterpiece from Jalaluddin Rumi, the medieval Sufi mystic whom Time magazine calls "the most popular poet in America." Readers continue to be awed and inspired by Rumi's masterfully lyrical, deeply expressive poems, collected in volumes such as The Illustrated Rumi, The Soul of Rumi, and the bestselling The Essential Rumi. With The Big Red Book, acclaimed poet and Rumi interpreter Coleman Barks offers a never-before-published translation of a crucial anthology of poems widely considered to be one of Persian literature's greatest treasures.

BONUS: This eBook includes downloadable videos and a Q&A with Nabeel Qureshi that are not found in the print edition. Having shared his journey of faith in the New York Times bestselling Seeking Allah, Finding Jesus, Nabeel Qureshi now examines Islam and Christianity in detail, exploring areas of crucial conflict and unpacking the relevant evidence. In this anticipated follow-up book, Nabeel reveals what he discovered in the decade following his conversion, providing a thorough and careful comparison of the evidence for Islam and

Christianity--evidence that wrenched his heart and transformed his life. In Seeking Allah, Finding Jesus, Nabeel Qureshi recounted his dramatic journey, describing his departure from Islam and his decision to follow Christ. In the years that followed, he realized that the world's two largest religions are far more different than they initially appeared. No God but One: Allah or Jesus? addresses the most important questions at the interface of Islam and Christianity: How do the two religions differ? Are the differences significant? Can we be confident that either Christianity or Islam is true? And most important, is it worth sacrificing everything for the truth? Nabeel shares stories from his life and ministry, casts new light on current events, and explores pivotal incidents in the histories of both religions, providing a resource that is gripping and thought-provoking, respectful and challenging. Both Islam and Christianity teach that there is No God but One, but who deserves to be worshiped, Allah or Jesus? This eBook includes the full text of the book plus bonus content not found in the softcover! Bonuses include a Q&A with Nabeel Qureshi and downloadable videos that answer important questions about Islam and Christianity. Please note that some e-reader devices do not accommodate video play. You can still access the bonus videos by copying the web address provided into an internet browser on a device or computer that accommodates video content.

Inner Dimensions of Islamic Worship

A Collection of Personal Reflections and Quotes

A Memoir

The Art of Letting God

Love & Happiness

A Fool's Guide To Actual Happiness