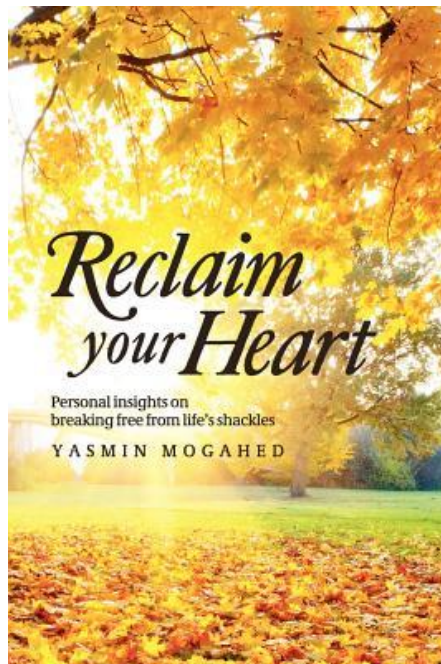




Reclaim Your Heart: Personal Insights on Breaking Free from Life's Shackles

Yasmin Mogahed

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Reclaim Your Heart: Personal Insights on Breaking Free from Life's Shackles

Yasmin Mogahed

Reclaim Your Heart: Personal Insights on Breaking Free from Life's Shackles Yasmin Mogahed

Many of us live our lives entrapped by the same repeated patterns of heartbreak and disappointment. Often, we have no idea why this happens. Reclam Your Heart is about freeing the heart from this slavery. It is about the journey in and out of life's most deceptive traps.

Reclaim Your Heart: Personal Insights on Breaking Free from Life's Shackles Details

Date : Published August 9th 2012 by FB Publishing (first published 2012)

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Author : Yasmin Mogahed

Format : Paperback 168 pages

Genre : Religion, Islam, Nonfiction, Self Help



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From Reader Review Reclaim Your Heart: Personal Insights on Breaking Free from Life's Shackles for online ebook

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Jowel Uddin says

Reclaim Your Heart
Book Review

Over the years, I have read my fair share of self help books ranging from those of Deepak Chopra to the Secret. Yet in my endeavors in the genre of self help books, I have never seen an author brave nay bold enough to incorporate religion into a self help book. I was ecstatic, being a Muslim and seeing the author incorporating Islam into her book with various verses of the Quran and allusions in abundance.

Yasmin Mogahed does an amazing job relaying back to her readers. It felt as though the author was sitting next to the reader and conversing rather than the reader simply reading line by line. The advice within the actual book is simply outstanding. Although many of the references are Islamic and verses of the Holy Quran are included to further supplement the advice, the words of the author can be applied by virtually anyone and anywhere. The key message of Yasmin Mogahed is that one must detach themselves from materialistic things and see the true purpose of things. Upon seeing the true purpose of the world, they will reach home. Mogahed also stresses the need to pay heed to Allah. Another stressed issue that Mogahed raises is moderation. The word moderation sums up Mogahed's text. Be it a part of the book that is religious or one that is secular, Mogahed recommends moderation and carefulness in all endeavors –including marriage, love, and materialistic worship.

Reclaim Your Heart is an excellent read for both Muslims and others alike. As I have stated earlier, the wise words of the author can be applied by all –not just Muslims. Mogahed is practical and that is what makes her words comforting. As an author she seems to be patient and provides sufficient evidence to her words –be it religious verses or scientific research. My favorite part of the whole text would have to Mogahed's chapter on Hardships in which she states that we only look to God or a higher power when there is impending danger. Other favorite selections would have to be the portion on Love. With a mix of anecdotes, religious input, and practical advice, Reclaim Your Heart, should truly be noted by readers of all kind.

Ahmed Oraby says

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"Verily never will God change the condition of a people until they change what is within themselves" - (Qur'an, 13:11)

I am so happy I read this book through the whole month of Ramadan, it's the best time for it, indeed!
I am not a fan of self-help books, but I am totally speechless about this book! It made me feel new wonderful things. It made me feel safe!
This book changed a lot in me. Thank you Yasmin for writing this great book. :))

I will give the Arabic version a try next year Insha'allah.

Mizo ? says

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Raghad says

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Sherif Metwaly says

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