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This is an exquisite collection of incidents from the life of the Prophet (S), stories from our Islamic Heritage, and thought-provoking anecdotes from the life of the author. The aim of the book is to train the reader to enjoy living his life by practicing various self-development and inter-personal skills. What is so compelling and inspiring about this book is that, in order to highlight the benefit of using social skills, the author draws from the lives of the Prophet (S) and his Companions.

The techniques for living a happy and a leisured life are 100% applicable in every society.

To meet the real goodness of life, manage and discipline ourselves well, our Prophet Muhammad (S.A.W) always was and will always be our mentor. His great characters must be followed and applied to our way of living.

'Enjoy your Life' is a must read book. Not only that, but it's reader-friendly. It teaches you how to deal with people in different manners by containing most of our Prophet Muhammad (S.A.W)'s lifestyle that can be benefited by Muslims and even the non-Muslim readers. The book is written by Dr. Muhammad Abdul Rahman Al Arfi (b 1970) who is a prominent scholar and orator from Saudi Arabia.

Every reader mostly recommends this book to others with assurance that they'll benefit from it much more than one expects.

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