



Therapy from

The

Quran and

Ahadiith

أسلوب القرآن والسنة
في تنمية الشخصية

Therapy from The Quran and Ahadith

A reference guide for character development.



In the name of Allah, The Most Beneficent, The Most Merciful.

All Praise is for Allah, Lord of the Worlds. Abundant Peace and Blessings be upon All the Prophets; from the First to the Last of them; the Prophet Muhammad (saw) Who was sent for mankind as the finest model of living the Qur'an and the Companions (rah) and Imams thereafter, (rh) as some of the greatest intellects and examples of Iman. May al Hakim (The Wise), al Adl (The Just) grant us the wisdom to use this knowledge for the benefit of the ummah, for success in the Worldly Life and the Hereafter and grant us a rising with these, the most Excellent of Companions. Truly All success is from Allah (swt)



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Dedication

To my most honourable and respected parents who introduced me as a child to the best role-models: the Prophet Muhammad (saw) and His Wives and Companions (ra) in the most inspiring way and who took me safely, heart and soul through the years of working towards this project.

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