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Discover the Best in You!: Life Coaching for Muslims

By Sayeda Habeeb

Kube Publishing Ltd. Paperback. Book Condition: new. BRAND NEW, Discover the Best in You!: Life Coaching for Muslims, Sayeda Habeeb, Sayeda Habeeb introduces life coaching and provides exercises, explanations and case studies to help you develop a sense of hope in your life. Helpful advice given on how to create a life vision for yourself, learn about goal setting and address key area skills like self-care, organizing your time and your finances, communication, finding a better life balance, enhancing self-esteem and living a more empowered life. With examples from the Qur'an, the Hadith and the Prophet's life, this easy-to-use guide shows the importance of life coaching and self-development in a Muslim's life.



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