



Life Coaching for Muslims: Discover the Best in You!

Sayeda Habib

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Sayedha Habib

Life Coaching for Muslims: Discover the Best in You! Sayeda Habib

"As someone who has benefited from Ms. Habib's life coaching over the last few years, I am delighted that such a life-enhancing, yet practical, book is being published for Muslims. My advice is to read it slowly, digest it, do the exercises, and give it some real thought and attention and you are sure to experience wonderful changes in the way you approach your life."—Na'ima B. Robert, author of *From My Sisters' Lips* and founder of *SISTERS Magazine*

"This book is beautifully practical and will give you the powerful insights into what and how to change your life. Sayeda has a simple and very effective way of explaining just how to go about making transformation happen for you. You will find yourself eagerly following the exercises through the whole book."—David Ross, British executive coach and founder of Performance Unlimited

Life Coaching for Muslims helps you to create a life vision for yourself, learn about goal setting, and develop key life-skills: organizing your time, managing your finances, and building self-esteem. Overall it gives you the support you need to turn things around when you have had a setback and live a more empowered life.

With a combination of everyday practical advice, diagnostic exercises, toolkits for changing your life, and spiritual wisdom, spearheaded by selected verses from the Qur'an and sayings of the Prophet Muhammad, this book is an essential aid for Muslims today.

Sayedha Habib is an accredited life coach and has been working to improve the social and psychological welfare of Muslims since 2005. She has been featured on television in Pakistan, the United Arab Emirates, and the United Kingdom, and also been a guest on several radio shows, including regional BBC. She is also a columnist for *SISTERS Magazine* in the United Kingdom.

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