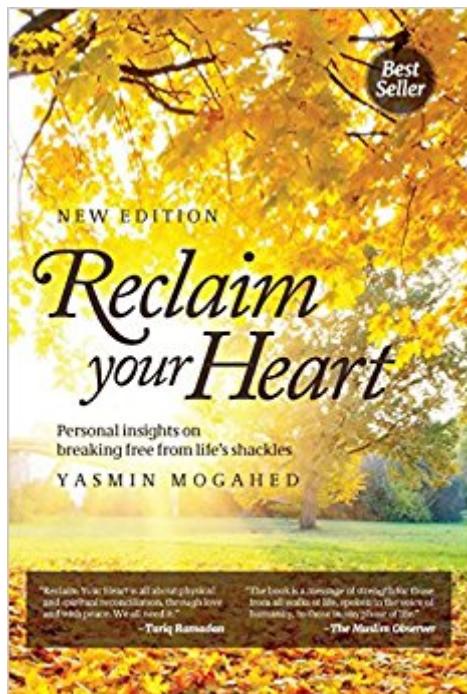


The book was found

Reclaim Your Heart



Synopsis

Reclaim Your Heart is not just a self-help book. It is a manual about the journey of the heart in and out of the ocean of this life. It is a book about how to keep your heart from sinking to the depths of that ocean, and what to do when it does. It is a book about redemption, about hope, about renewal. Every heart can heal, and each moment is created to bring us closer to that transformative return. Reclaim Your Heart is about finding that moment when everything stops and suddenly looks different. It is about finding your own awakening. And then returning to the better, truer, and freer version of yourself. Many of us live our lives, entrapped by the same repeated patterns of heartbreak and disappointment. Many of us have no idea why this happens. Reclaim Your Heart is about freeing the heart from this slavery. It is about the journey in and out of life's most deceptive traps. This book was written to awaken the heart and provide a new perspective on love, loss, happiness, and pain. Providing a manual of sorts, Reclaim Your Heart will teach readers how to live in this life without allowing life to own you. It is a manual of how to protect your most prized possession: the heart.

Book Information

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Customer Reviews

One of the best books I've ever read. Rarely do I see an enjoyable and easygoing book have so much meaning, so much relevance to daily life. Every chapter is small which makes reading this easy. Yasmin seems to write from painful experience when she opens your eyes to newer things; angles from which you've never seen things before. You don't even have to be a Muslim: much of the advice is universal. She gives you hope and wisdom with every chapter. Those who feel a lot of

emotional pain will especially love this book and find it comforting. Remarkable book, among the best. Get it now.

I am over halfway done with this book and each chapter I read I really learn from and I feel closer to Allah and understand His wisdom more. Yasmin uses everyday examples to explain complex principles. Just one example is that she said her 22 month old son climbed out of his carseat and out of the car. He wanted to shut the door by himself too. But Yasmin realized that he would shut it on his head, injuring himself. So she gently moved him and shut it herself. Her son was so upset. He wanted to do that himself but she stopped him. He just didn't know it was for his own good. She then compares this to Allah not giving us the things we want so bad but maybe we don't realize that He is trying to protect us or teach us a lesson. That is just one very brief example, not written as well as she wrote it but it think it shows how artfully she connects our lives in this world to our loving creator. I really needed this to help my iman (faith). May Allah reward her. Ameen.

This book is AMAZING. You will never want to put it down. It really helps you put everything into perspective and shift your focus on what really matters in your life - Your relationship with God. There is no doubt that we will experience hardships in life -but after you read this book your hardships will be a lot easier to deal with. May God continue to bless Yasmin in the amazing work that she does.

This book is a great reminder of how we should think and live. It can actually be applied to Muslims and non-Muslims alike. Yasmin's writing style is very easy to get through. This is the kind of book you can get through quickly but will really benefit you if you sit down and think how these things apply to your life. I will be rereading this book periodically.

Certainly this book entered my heart. I highlighted most parts of the book; refrained myself from highlighting all of the book, for what would be the point of highlighting every sentence in the book. Read with my heart and understood with my heart. May Allah reward her immensely and forgive her sins. May Allah inspire her to write books for us.

I really enjoyed reading this book. This book was written to appeal to souls looking for that closer relationship with our creator. Her words caused me to reflect on some of my own life choices, and for that alone I ask God to reward the author and those involved in creating the book with the best in

this world and the next life. I however do not like how the essays were edited. To be frank it was somewhat repetitive (there were paragraphs that were word for word the same and did not add additional information or context that resulted in new perspectives). I also did not think the section on "a woman's status" was particularly insightful or brought forth new perspectives that would facilitate a closer relationship to God or the reclamation of the soul. I think this section was trying to a comment on social realities but it failed to reconnect that to what that means for relationship between a person and God. The lack of reconnecting it to God caused it to come off as a social commentary that failed to recognize the historical social realities that lead women to seek work outside the home and/or imamship in the masjids.

Ms. Mogahed writes with such a beautifully eloquent voice and conveys such a timeless and necessary message in this book. She writes as though speaking with a friend and lays out her thoughts in a similar way. I could hardly put this book down at all. If anyone were to say that she got a bit repetitive at some points, I would not refute the accusation, but I think this is her way of making sure her central message is not lost and it didn't bother me at all. This a book I would recommend to anyone who feels like there is something "missing" in them; like they are not really whole. While I am not much for the self-help genre as a whole, I believe this book truly hits the nail on the head. If you feel like you have strayed from where you should be, or you know that you have, then this book really has the potential help you bring yourself back to the place where you need to be. Very insightful, yet so simple.

This is an amazing book. I wish I could meet the author just to tell her this in person. She writes as if she is explaining how to live our lives through the understanding verses of The Holy Quran. In fact, I read the Holy Quran but along with it I read this book over and over. It allows you to reflect on your life each time you read it and makes yourself realize where you are spiritually in your life. I truly love Reclaim Your Heart and would recommend it to anyone. May God Bless The author for providing her knowledge with others on a spiritual level. Thank You!---Rehnuma Hyder

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