

Willpower: How to Make a change in your life and acquire new habits (Arabic Edition)



Willpower ranks high amongst the many factors of success and happiness; it is the main element without which people cannot achieve success and happiness in this life and be awarded Paradise in the afterlife. ?Being aware that I have a reasonably strong will, I have always been interested in will and have always had many questions. ?How did I get it? How can I reinforce it? ?Which is better: will or intelligence?? Is there a relationship between will and happiness?? How can I acquire new habits?? How do I get rid of existing habits? I will answer these questions and many others in this book.? ? The book is suitable for all people wherever they live; it is easy to read and tells many stories and experiences, reports scientific research, and summarizes dozens of books and research in the field of management, psychology, economics and religion.? ?It is a summary of my experience and thoughts.? ?The book talks about four main topics: ways of strengthening willpower, how to acquire new habits, how to get rid of bad habits and how to prepare an annual plan with the habits a person would like to acquire or get rid of. The book is easily read and understood by all readers. Stories, research, proverbs and poems add to its excitement and suspense. The book is divided into two parts. The scientific, theoretical part presents the most important applied research and scientific theories about willpower and habits, while the practical application part discusses practical ways of implement the recommendations in the theoretical part. They said about the book Really interesting! The book is a necessary compass for people at times of loss of will, break-up of values and the weakness of the value system in peoples lives.? Away from philosophy and theory, the book style is interesting and it is never boring. It is a realistic book that digs deep in human behavior. It is also a lifeline for desperate

people because of deadly habits and boring life routine and a glimmer of hope and support that change is possible if people believe in themselves and Providence and have succeeded in defining their goal. Judge Abdul Hakim Samara - Director of Sharia (Islamic) Courts in the country The book is interesting, beneficial and easy to read. It presents practical ideas, analyses, examples, suggestions and recommendations to help individuals strengthen their will, promote their personality, better use their energies and abilities, and improve their lives while successfully acquiring new, positive, motivating and constructive habits and getting rid of negative and frustrating ones. Dr. Mahmoud Abu Fanna- former Chief Inspector of Arabic Language Education and member and Chairperson of the Arabic Language Academy in the country Written in an easy and direct way, the book is practical and useful. Any person, regardless of his education, can read it without having to think a lot and employ their talents. I would recommend it to people looking for change in their lives. It will help them take the shortest route to changing their lives partially or wholly. Poet and thinker Abdul Salam Musa

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