

## LIST OF CONTENTS

PUBLISHER'S NOTE	5
DEDICATION	7
TRANSLATOR'S FOREWORD	9
INTRODUCTION	11
CHAPTER 1	15
WELCOME!	17
YES!	18
NO!	19
TEN THOUGHTS TO PONDER	20
THINK ABOUT IT...	22
CHAPTER 2	23
1 - A woman who challenged tyranny	25
2 - You have a huge wealth of blessings	27
3 - It is sufficient honour for you that you are a Muslim	29
4 - The believing woman and the disbelieving woman are not equal	31
5 - Laziness is kin to failure	33
6 - You are better off than millions of women	34
7 - Build yourself a palace in Paradise	36
8 - Do not destroy your heart with your own hands	37

9 - You are dealing with a Lord Who is Most Kind and Most Generous	39
10 - You will be the winner in all situations	42
CHAPTER 3	43
1 - Count the blessings that Allah has bestowed upon you	45
2 - A little that makes you happy is better than a lot that makes you miserable	46
3 - Look at the clouds and not at the ground	47
4 - Living in a hut with faith is better than living in a palace with disbelief	48
5 - Organize your time so that you can do all you have to do	49
6 - Our happiness is not like theirs	50
7 - Climb aboard the ship of salvation	51
8 - The key to happiness is prostration	52
9 - Old women make heroes	53
10 - To be the most beautiful woman in the world	54
CHAPTER 4	55
1 - You are notable and honourable	57
2 - Accept the blessing and make the most of it	58
3 - A great deal of provision comes with seeking forgiveness	60
4 - <i>Du'ā'</i> (invocation) relieves distress	61
5 - Beware of despair and frustration	63
6 - Your house is a kingdom of glory and love	64
7 - You do not have time for idle talk	65

8 - Be cheerful at heart and the universe will embrace you	66
9 - No one is ever completely happy	68
10 - Enter the garden of knowledge	70
CHAPTER 5	71
1 - Remember the shed tears and broken hearts	73
2 - These people are not happy	74
3 - The way to Allah is the best way	75
4 - When things become unbearable, turn to Allah	77
5 - Make every day a new beginning	79
6 - Women are like stars in the sky	81
7 - Death is preferable to doing <i>ḥarām</i> (forbidden) actions	83
8 - Inspiring verses	85
9 - Knowledge of the Most Merciful takes away grief	87
10 - The blessed day	89
CHAPTER 6	91
1 - A wise woman is the source of a happy life	93
2 - Take care of today only	94
3 - Do not feel that everyone is out to get you	96
4 - How sweet is success after hardship	98
5 - You will adapt to your situation and cope with it	99
6 - Sound advice from a wise woman	101
7 - A woman who offered herself as a sacrifice and thus earned the pleasure of her Lord	103

8 - She adhered to the commands of Allah and Allah protected her	105
9 - The water of repentance is the purest water	107
10 - The first freedom fighter	109
CHAPTER 7	111
1 - Put your trust in your Lord	113
2 - Blindness of the heart is real blindness	115
3 - Do not try to establish a court of vengeance, for you may be the first victim	117
4 - Distinction is earned by achievement	119
5 - The world of <i>kufir</i> is suffering from misery	120
6 - The attitude of a life-partner	121
7 - Be content with what Allah has decreed for you	122
8 - Do not feel any regret about this world	124
9 - The most wondrous beauty lies in the creation of Allah	125
10 - The ultimate honour and infinite generosity	127
CHAPTER 8	129
1 - You have nowhere to turn but to Allah	131
2 - Happiness exists... but who can find it?	133
3 - A good attitude is a great blessing	134
4 - How to achieve a happy life	136
5 - Seek refuge with Allah from worry and grief	138
6 - The woman who offers support at the time of calamity	140
7 - A woman from among the people of Paradise	141

8 - Charity wards off calamity	142
9 - Be beautiful in spirit because the universe is beautiful	143
10 - A hero Woman	144
CHAPTER 9	145
1 - Do not spend your time doing nothing	147
2 - Happiness cannot be bought with money	148
3 - Haste and recklessness are the fuel of misery	150
4 - The game of accumulating wealth has no end	151
5 - Immorality is generated by idleness	152
6 - A house without anger, noise and exhaustion	154
7 - Chastity and modesty enhance beauty	155
8 - Allah may bring the absent person back home	157
9 - One phrase may fill time and space	159
10 - Hearts longing for Paradise	160
CHAPTER 10	161
1 - Belief in the divine will and decree, both good and bad	163
2 - The best things are those that are moderate	165
3 - The pessimist creates an atmosphere of depression	166
4 - Beware of complaining and being discontent	167
5 - Most problems have petty causes	168
6 - Restraining the tongue	169
7 - Fight anxiety by praying	171
8 - Advice of a successful woman	173

9 - Whoever does not find comfort in Allah will not find comfort in anything else	175
10 - She of the Two Girdles lived two lives	177
CHAPTER 11	179
1 - Who is the dearest beloved?	181
2 - Happiness has nothing to do with richness or poverty	182
3 - Is not Allah more deserving of thanks than anyone else?	183
4 - The happy woman makes those around her happy, too	184
5 - Be content, for everything happens by the will and decree of Allah	185
6 - Umm 'Amārah speaks	187
7 - Kindness to others washes away grief	188
8 - Turn your losses into gains	190
9 - Sincerity is very precious; where are the sincere ones?	191
10 - Be serious, be serious...	193
CHAPTER 12	195
1 - Take a brave stance when you check yourself	197
2 - Beware!	199
3 - Being grateful to the beneficent is a duty	200
4 - The soul deserves more care than the body	202
5 - Keep busy with the present rather than the past or future	203

6 - Calamities are means of attaining desires	205
7 - Show mercy to those who are on earth and the One Who is in heaven will show mercy to you	207
8 - The beautiful world is seen only by optimists	209
9 - Acknowledge Allah at times of ease and He will help you at times of hardship	210
10 - The woman with the highest dowry in the world	212
CHAPTER 13	215
1 - The keys to victory	217
2 - After suffering comes the joy of victory	218
3 - Anxiety exhausts the body and the mind	220
4 - Your loved job is the secret of your happiness	222
5 - Strength is in the spirit, not in the body	223
6 - A great woman turns a hell of calamity into a paradise	225
7 - Be patient to be victorious	226
8 - In hardships, we have no refuge except Allah Alone	227
9 - Is not He (better than your gods) Who responds to the distressed one, when he calls on Him?	229
10 - ﴿... And whoever withholds only withholds [benefit] from himself.﴾	231
CHAPTER 14	233
1 - You are a Muslim woman, neither eastern nor western	235
2 - Forget your worries and keep yourself busy	237
3 - Points to help you find happiness	239

4 - Strengthen your relationship with Allah when all others fail	241
5 - No one is happier than those who believe in Allah	242
6 - A life with no extravagance and luxuries	244
7 - Doing righteous deeds rejoices the heart	246
8 - Allah saves us from every difficulty	247
9 - Beware of negligence	249
10 - Smile at life	251
AUTHOR'S BIOGRAPHY	252
GLOSSARY	253
TRANSLITERATION CHART	256
LIST OF CONTENTS	258