



Life Balance The Sufi Way: 1

Azim Jamal, Nido Qubein

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Based on the authors' combined 50 years of experience, Life Balance the Sufi Way brings a fresh perspective to why most people are overworked, yet under-utilized. The book reflects on Eastern philosophies emphasizing reflection, silence and going with the flow, and interweaves them with Western ideas of excellence, efficiency and effectiveness to invite balance into our lives.

Life Balance the Sufi Way illustrates that life balance is a choice each one of us makes – circumstances do not determine life balance!

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