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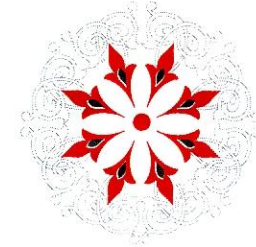
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Publisher's Foreword



It so happened that in the year 2007, I was in the city of the Prophet ﷺ. It has been my old habit that whenever I travel to a city, I always make it a point to visit all its bookstores. When it comes to books, the city of Madinah is in its own league. In the bookstores of Madinah, one is bound to come across all the newly published literature – and shopping for books is, of course, my favourite pastime. The staff who work at most of the bookstores near the Prophet's Mosque know me on a personal basis, as a large number of Darussalam's publications are available at these stores.

One day, when I was visiting one of these bookstores, I looked at the shelves and noticed a book called, *'Enjoy Your Life'*. Just as I was about to pick it up, Abu 'Abdullah greeted me, hugged me, and asked, 'When did you arrive? How long are you here for?' Meanwhile, I reached out for the book... Abu 'Abdullah, who is originally from Yemen, has been involved in the book market for a long time. He is one of the many Darussalam distributors. He noticed the book in my hand and said, 'This book is excellent. If you were to publish its translation, it would be considered a valuable addition to the international Islamic book collection.' He continued as he held my hand, 'This book has made a record

number of sales.'

Some time later, in my hotel room, I began reading the book. As I continued reading, I became more and more captivated by it. There is no doubt that the subject of the book itself was the thing that most interested me.

Solutions to all the problems of the Muslim nation are present in the life of Allah's Messenger ﷺ. His life is certainly an example for us to follow and a model for us to refer to at all times. No matter what problem arises in our lives, if we look to the Prophet's Seerah for a solution, we will surely find it. What makes this book outstanding is that it deals with our social problems in light of the Prophetic lifestyle. The work is filled with incidents from the Seerah, Islamic history, and the author's own experiences. By reading this book and implementing it practically, all of us can make our lives more enjoyable and more tranquil.

This book includes remedies for despondency and numerous tips on how to keep worries and stress at bay. The author of this book, Dr. Muhammad bin 'Abd ar-Rahman al-'Arifi is a well known scholar and lecturer from Saudi Arabia. His audiences are left mesmerised during his lectures as he has such a unique way of speaking that even us, the non-Arabs, are enchanted by his words. A visit to any of the Islamic audiocassette shops in this land gives proof to the popularity of this talented lecturer, and a single hearing of any of his lectures guarantees addiction!

When I returned to Riyadh from Madinah, I requested one of our Egyptian Darussalam associates, Muhammad Shakir Qadhi, to establish contact with Dr. Al-'Arifi and to request permission

for the translation of his book. After a few days, we managed to establish contact with Dr. Al-'Arifi. Fortunately, for us, he was already familiar with Darussalam. As he said himself, most of the books he takes on his international travels are of Darussalam publications. It is always easier to work towards an agreement if there is preceding familiarity. We invited Dr. Al-'Arifi over to Darussalam's headquarters for a visit, and he gladly accepted the invitation. Thus, we had the pleasure of his company.

I found him to be just as handsome and immaculate as are his works and lectures. He has a unique and charming character and a very humble personality. I know from my experience with people in the Islamic world, that the more famous and well respected a person becomes, the more modest and noble is his behaviour. Dr. Al-'Arifi signed the contract with Darussalam and then excused himself, saying he was in a hurry and that he would return soon to discuss further details.

After a couple of weeks or so, as I was travelling once again to Madinah, I coincidentally noticed Dr. Al-'Arifi seated on the same plane. As the seat besides him was empty, we had the opportunity to sit together and familiarise ourselves with each other even more. We spoke at length and felt closer to one another. A few days later, he returned to Darussalam and gave us a number of new suggestions. We introduced him to some of our projects, and it was then decided that Darussalam would translate his books into various languages.

He explained how his book, 'Enjoy Your Life' is in reality a summary of his entire life experience. He spent a considerable amount of time authoring this book. There is no doubt that he

wrote this work from the very depths of his heart, and one really must read it to realise and acknowledge the beauty of it. This book was published in Arabic in Sha'ban 1428AH, corresponding to August 2007, and within the span of one year, it had sold 100,000 copies.

As mentioned previously, Dr. Muhammad al-'Arifi is indigenously from Saudi Arabia. He is from the famous Arab tribe known as Banu Khalid (Banu Makhzum) – it goes without mentioning that Banu Khalid are the descendants of the famous soldier, Mujahid and Companion of the Prophet, Khalid bin al-Walid – may Allah be pleased with him. Dr. Muhammad bin 'Abd ar-Rahman al-'Arifi was born in the year 1970. He graduated from Saudi universities where he acquired his PhD. The title of his PhD research thesis was "Ara' Shaykh al-Islam Ibn Taymiyya fi al-Sufiyya – Jam' wa Dirasah" (The Views of Shaykh al-Islam Ibn Taymiyyah on Sufism – a Compilation and Study).

Currently, he is a founding and dignitary member of various Da'wah organisations, as well as being a member of their advisory committees. He is also a member of the advisory board for many international organisations. Aside from being a visiting professor in various Saudi and foreign universities, he is also a professor in King Saud University of Riyadh. He has been delivering Friday sermons for over twenty years in different mosques in Saudi Arabia. Currently, he delivers his Friday sermons in al-Bawaardi mosque, which is a major mosque located in the south of Riyadh. Every Friday, so many people attend, that it is impossible to find a parking space anywhere in the vicinity of the mosque. Once I had the opportunity of praying the Friday prayer behind Dr. Al-

'Arifi. We arrived at the mosque very early, but despite that, we had to park very far away. The ground floor of the mosque was fully occupied, so we went up to the first floor where we were able to find a place to sit. Soon afterwards, the first floor also became congested with worshippers. Dr. Muhammad al-'Arifi is an amazing orator. He was fortunate enough to be a student of Shaykh 'Abd al-'Aziz bin Baz for fifteen to sixteen years, and from whom he learnt Tafseer and Fiqh. For eight years, he took lessons from Dr. 'Abdullah al-Jibrin in Tawheed. His other teachers include, Shaykh 'Abdullah bin Qu'ud, Shaykh 'Abd al-Rahman bin Nasir al-Barrak and various other scholars. His connections with the scholars of Madinah go back very far. During his days as a student and thereafter, he learnt Fiqh from those scholars. He has memorised the Qur'an and is known for his fine recitation. He takes a special interest in Hadeeth literature and has received licences for the chains of transmission for various Hadeeth texts from a number of scholars.

More than twenty of his works in Arabic have been published and distributed in nearly a million copies. His books, which are often published in four colours, are attractive and pleasing to the eye, and available at low-cost. It is because his books deal with issues affecting the lives of everyday people, that they are acclaimed and appreciated by all. Many well-wishers make his books their choice for their donations and free distributions.

The following is a list of some of the works of Dr. Muhammad al-'Arifi:

- A work on Tawheed called Irbab Ma'ana, an excellent work of which 400,000 copies have been published.

- A work on Da'wah to Allah, called Hal Tabhath 'an Wadhifa, of which 150,000 copies have been published.

- Innaha Malikah, in 150,000 copies.

- Fi Batn al-Hut, in 150,000 copies.

- A work on the topic of worship in 100,000 copies.

- A work on the topic of Hijaab called Sarkha fi Mat'am al-Jami'a, in 150,000 copies.

- Rihla Ila al-Sama' with 150,000 copies published and sold.

- A compilation of counselling to doctors and patients called 'Ashiq fi Ghurfat al-'Amaliyat in 70,000 copies.

- A pamphlet called Adhkar al-Muslim al-Yawmiyyah, of which 20 million copies have been published within only three years.

Many of Dr. al-'Arifi's lectures are available on the internet without charge; he also writes columns and essays for various newspapers and magazines and has appeared on a number of Arabic satellite television channels.

The administration of Darussalam hopes, in the very near future, to translate into different languages and publish the various works of Dr. Al-'Arifi while maintaining a high literary standard, Allah willing.

I would like to thank our brothers Saleem Beg and Nasim Chowdhury for translating and editing this work respectively. We pray to Allah that He grants the author, the translator and the editor good health and long life, and that He blesses their knowledge and actions. We would be extremely delighted to

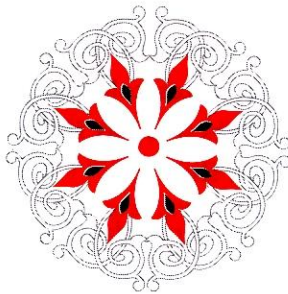
receive any feedback or suggestions from our readers, and we hope you remember us in your prayers.

Your loving brother

'Abdul-Malik Mujahid

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Introduction



All praise is due to Allah. May Allah's peace and blessings be upon the one after whom there is no other prophet.

As a seventeen year old, I came across a book called, 'How to Win Friends and Influence People' by Dale Carnegie, which I found to be quite excellent and which I subsequently read several times. The author suggested that one should read the book once a month, which is exactly what I did. I began to apply its principles when dealing with others and witnessed amazing results.

Carnegie would often mention a principle and then cite various examples of this by way of incidents related to prominent figures, such as Roosevelt, Lincoln, Joseph, and so on.

I contemplated and realised that the author's only goal was to attain worldly happiness. What if he were to have known Islam and the etiquettes it teaches? He would surely have achieved eternal as well as ephemeral happiness! How about if he were to have turned his wonderful interpersonal skills into worship, with which he would have drawn closer to Allah? When I later discovered that Carnegie had committed suicide, I knew for certain that his book, despite its merits, had not benefitted him.

I then began to search our own history and discovered that the life of Allah's Messenger ﷺ, his Companions, and anecdotes of some of the prominent men of this ummah are more than enough for us to learn lessons from. From then on, I began to author this book concerning the art of dealing with others. Hence, this book is not the product of a month or a year's toil. Rather, it is the result of twenty years of serious study.

Although Allah has blessed me with the ability to have produced twenty books so far, some of which have been printed in their millions, I nevertheless believe that the most beloved, precious and beneficial of all of them to me is this book, which I wrote with ink blended with my blood; I poured out my soul and squeezed out my memories as I wrote these lines.

I have written these words from the very depths of my heart so it may penetrate the heart of the reader, and would be delighted to learn that he or she has indeed implemented its teachings, experienced an improvement in his or her skills, and therefore actually began enjoying life. If he or she were to then thankfully write a message expressing his or her views and feelings honestly and send it to me via email or SMS, I would be grateful for this kindness and remember to pray for him or her in their absence.

I pray to Allah that the reader benefits from these pages, and that He makes my efforts purely for His sake.

Written by the one who is always praying for what is best for you.

Dr. Muhammad bin 'Abd al-Rahman al-'Arifi

(1)

They did not benefit



I remember once receiving a message on my mobile phone which read: "Dear Shaykh, what is the ruling on suicide?"

I called the sender to find a very young man on the other end of the line. I said, "I am sorry, I didn't understand your question. Can you please repeat your question?"

He said with a grieving voice, "The question is clear. What is the ruling on suicide?"

I decided to surprise him by saying in response something unexpected, so I said, "It is recommended!"

He screamed, "What?!"

I said, "How about if we discuss the best way for you to do it?"

The young man fell silent. I said to him, "OK. Why do you want to commit suicide?"

He said, "Because, I can't find work. People do not love me. In fact, I am an utter failure...", and thus he began to relate to me his long story in order to prove that he had failed to develop his interpersonal skills and was unsuccessful in utilising his talents. This is a problem with many people. Why do some of us feel

inferior? Why do we look at those at the peak of the mountain while thinking of ourselves as unworthy of reaching that peak as they have, or even climbing it as they did?

The one frightened of climbing mountains

forever lives in the ditches

Do you wish to know who will not benefit from this book, or any other similar book, for that matter? It is the unfortunate one who surrenders to his own errors and becomes satisfied with his limited skills, and says, "This is my nature. I have become too used to it now; I cannot change my ways. Everyone knows this is how I am. I can never speak like Khalid does, or have a cheerful countenance like Ahmad has, or be universally loved the way Ziyad is. That would be impossible."

I once sat with a very old man in a public gathering. Most of those present were people with the usual skills and abilities. The old man was busy speaking to whoever was sitting next to him. He did not stand out in the crowd for any reason, except by virtue of his old age.

I delivered a lecture and during it mentioned a verdict given by the eminent Shaykh 'Abd al-'Aziz bin Baz. When I finished, the old man said to me with pride, "Shaykh Ibn Baz and I were colleagues. We used to study together in a mosque under Shaykh Muhammad bin Ibrahim, about forty years ago."

I turned around to look at him and noticed that he seemed very happy to share this information with me. He was delighted to have accompanied a successful man once in his life. I said to myself, "Poor man! Why did you not become as successful as Ibn Baz? If you knew the way to success, why did you not pursue it?"

Why is it that when Ibn Baz passes away, people cry for him from the pulpits, mihrabs, and institutes, and various nations grieve over the loss; yet, when your death comes, perhaps, nobody would shed a single tear, except out of kindness or custom!"

We all may say at some time or another, "We knew so-and-so and we sat with so-and-so." But this is nothing to be proud of. What one can be proud of is to scale the peak as they did.

Be brave and from now on be determined to utilise all the abilities you possess. Be successful. Replace the frown on your face with a smile, depression with cheerfulness, miserliness with generosity, and anger with perseverance. Turn your calamities into occasions of joy and your faith into a weapon!

Enjoy your life, for it is brief and there is no time in it for anguish. As for how to do this, then this is the reason for my writing this book. So bear with me until the end, with Allah's permission.

You will bear with us if...

You are brave enough to be determined and persistent on the development of your interpersonal skills, and if you are willing to take advantage of your abilities and talents.

(2)

What are we going to learn?



People generally tend to share their moments of happiness and sorrow. They are happy when they become wealthy. They will be joyous when promoted at work, content when they recover from illness, and cheerful when the world smiles at them and fulfils their dreams.

Likewise, they all grieve over illness, disgrace and loss of wealth. Knowing this to be the case, let us look for ways in which to make our joy everlasting and hence overpower our sorrows. Yes, in reality life tends to be both sweet and bitter, and on this we would not disagree, but why do we often focus on our calamities and sorrows, and as a result become depressed for days on end? Where an hour is enough to grieve over something, hours on end are spent grieving. Why?

I realise that sorrow and anguish enter our hearts without seeking permission, but for each door of sadness that opens there are a thousand means of shutting it, and these are what we will expound here.

Allow me to bring your attention to another matter: How often is it that we see those people who are loved by everyone? Many long to meet them and be in their company, but do you

not wish to be one of them? Why be content at being amazed by such people all the time? Why not try to be amazing yourself?

Here we will learn how to be amazing.

Why was it that when your cousin spoke at the gathering, everyone listened to him attentively? Why were they amazed at his manners of speech? Why was it that when you spoke, they all turned away and began to talk amongst themselves? Why was that? You may be more well-informed, better qualified and possess a higher status than him. How then did he manage to get all the attention and you failed?

Why is it that one father is dearly loved by his children who love to greet him and accompany him wherever he goes, while another father begs his children to accompany him while they keep making all kinds of excuses to avoid doing so?

Are they not both fathers? Then why the difference?

Here we will learn how to enjoy life, know the various techniques to attract people, influence them, persevere with their faults, deal with people with bad manners, and much, much more. So, welcome!

A word...

Success is not to discover what others like, it is to acquire and practise the skills that help one gain their love.