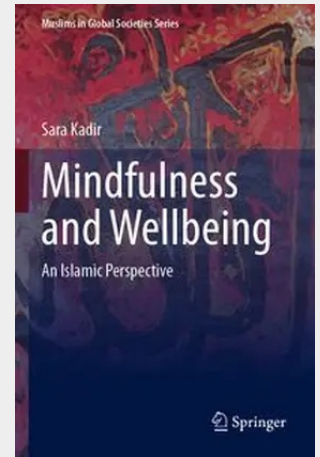


Mindfulness and Wellbeing

An Islamic Perspective

This groundbreaking book is the first to present a definition of Islamic Mindfulness, exploring how its core principles—such as present-moment awareness, acceptance, and judgment—are deeply rooted in Islamic teachings— as outlined in the Quran. It delves into key Islamic mindfulness concepts like Tawhid (Oneness of God), self-awareness, and human purpose presented as Khalifa (steward), illustrating how these ideas directly inform the practical techniques of Islamic mindfulness, which include, contemplation, Prayer (Salah), Qur'anic Recitation, and Remembrance (Dhikr). The book also highlights how Islamic mindfulness integrates spiritual virtues and ethical principles—such as patience, gratitude, and God-consciousness (taqwa)—in a way that fosters moral and spiritual growth, emphasising the holistic approach of Islamic mindfulness to wellbeing that integrates both the psychological and spiritual aspects of the human. By blending theory with practical application this book offers a unique framework for integrating Islamic principles into modern wellbeing and mindfulness practices, making it ideal for researchers, healthcare professionals, community leaders, and policymakers, it offers a fresh perspective on how mindfulness can be understood, practiced, and enriched within the context of Islam—bridging Islamic spirituality with wellbeing in a transformative way.

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