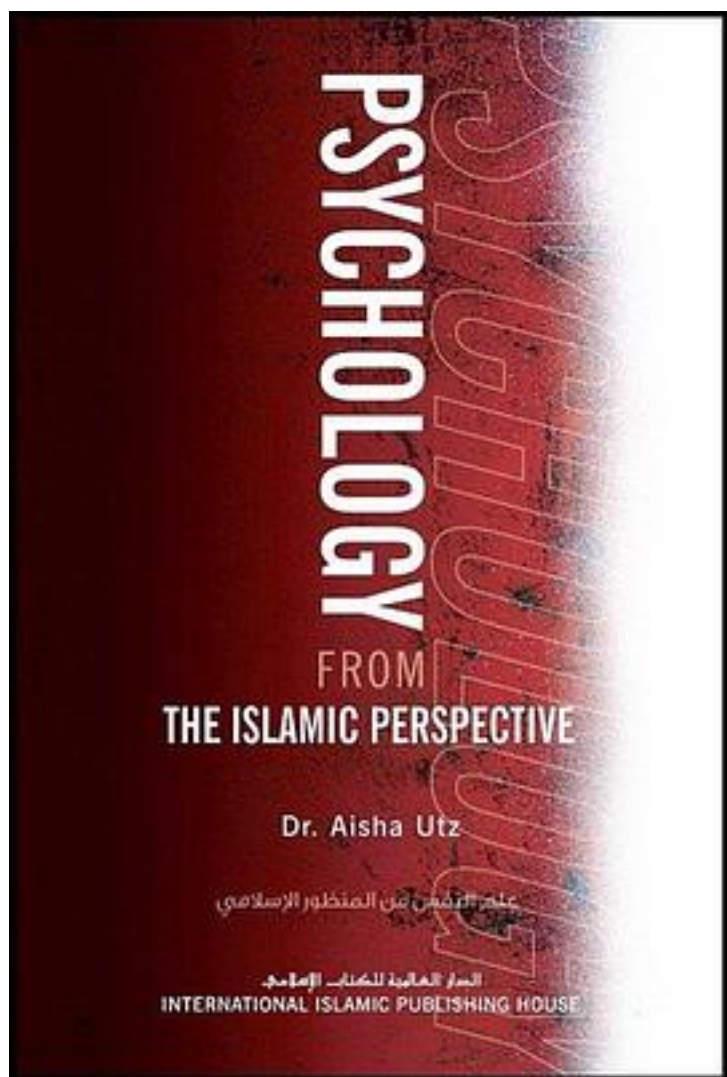


Psychology From the Islamic Perspective



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Psychology is one of the most intriguing scientific disciplines as humans are inherently curious about their own nature. Ironically, there are a multitude of theories and explanations that mislead and confuse the very same creatures that they are meant to describe. Allah has blessed us with guidance in all facets of our lives, including that of our own souls and psyches. Islam offers an uncomplicated, comprehensive, and precise theory of our spiritual nature, our purpose and priorities in life, and how we can attain serenity and happiness in this life and the next. This book is a humble effort to expound upon the true conceptualization of human psychology based upon the Qur'an and Sunnah. Moreover, Dr. Utz includes specific references to scientific research that corresponds to, and builds upon, what is already known from revelation.

作者介绍:

Aisha Utz, formerly Aisha (Laureen Marie) Hamdan is an American mother of five, currently living in Riyadh, Saudi Arabia. She has a PhD in Clinical Psychology from West Virginia University and a Bachelor's Degree in Islamic Studies from the American Open University. She has written over 100 articles on various topics for al-Jumuah Magazine and has several published books. She has written several professional journal articles and book chapters related to the topic of Psychology and Islam, has presented these ideas at a number of professional conferences, and regularly integrates the Islamic perspective into her teaching. She is also Associate Editor of the Faith-Based Practice section of the Journal of Muslim Mental Health. Her current efforts involve the development of a research program to study the relationship between religiosity and mental health in Muslim populations. She has been Muslim for 25 years and is actively involved in various da'wah activities.

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