



## Life Balance the Sufi Way

By Azim Jamal & Nido Qubein

Jaico Publishing House, Delhi, India. Softcover. Book Condition: New. 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 underutilized. 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 in our lives. Life Balance The Sufi Way Life Balance Is Your Choice illustrates that life balance is a choice each one of us makes circumstances do not determine life balance. Printed Pages: 304.



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