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By Malik Badri



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Delving into the true meaning and experience of Islamic spirituality, based on a person's awareness and recognition of his existence and place in Creation, Malik Badri reveals the limitations and contradictions of the current prevailing schools of psychology that deny the existence of the soul and perceive humans as mere machines acting on external stimuli. Combining the rich traditional Islamic wisdom with contemporary knowledge, the author advances a unique approach to the understanding of the human psyche and the self that gives a central position to meditation and contemplation as forms of worship in Islam. It is a book addressed to anyone who is interested in the Islamic approach towards the urgency felt by modern societies who are yearning for the rediscovery of the long-forgotten and neglected aspects of their lives.



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Contemplation: An Islamic Psychospiritual Study By Malik Badri Bibliography

- Sales Rank: #1024918 in Books
- Published on: 2000-11-01
- Original language: English
- Dimensions: 8.94" h x .28" w x 5.98" l, .42 pounds
- Binding: Paperback
- 136 pages

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Editorial Review

About the Author

Malik Badri is Professor of Psychology at the International Institute of Islamic Thought and Civilization (ISTAC), Malaysia. He is a qualified therapist and the author of a number of books including *The Aids Crisis: An Islamic Socio-Cultural Perspective* (1997). (2000).

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