



# **Pause and Reflect: Thoughts on the purpose of life, and prioritising to soften the heart and increase Faith**

*T. Abdeljaber*

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A Spiritual nudge ,and a gentle push towards living life on the straight and righteous path towards the ultimate goal of a place in Paradise. An invitation to pause and reflect on the purpose of life, to prioritise aspects of life making way for a more spiritually enriched pathway. Enhanced throughout with beautiful Quranic quotes, Hadiths, and Islamic poetry

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