

Dr Ibrahim Elfiky

Award-winning journalist Jonathan Franklin chronicles the harrowing account of the 33 Chilean miners who were trapped underground for fourteen weeks in the fall of 2010. Franklin, with his renowned eye for detail and dialogue, captures the remarkable story of these men to reveal to the world how they used their native talents to survive against all odds in a savage environment.

Have you ever thought, when you throw hot water on the ground, then the ants and insects get hit and die, when you sweep the house, the insects are messy, getting thrown around and bobbing around. When you walk or run to sleep, without you knowing you are stepping on or on them. If you think about how happy your life really is compared to those animals. They never protest, they sincerely live their life according to the scenario of God who has made them. So be happy.

In his inimitable no-nonsense style, John Bird - founder of the Big Issue - shows us how to be successful in whatever we choose in just ten easy steps. No one is born deserving anything - you only deserve what you achieve by yourself. Drawing from this, John's philosophy is based on the idea that success is about deciding what you want, working out what is important to you and then going out to grab it. The beauty of this approach is that we can all achieve whatever we want; we just need to go after it. With unique lessons such as 'Don't be afraid to make mistakes along the way. Instead, make mistakes and learn from them' and 'Take responsibility for yourself as you are no one else's problem', The 10 Keys to Success shows us how uncomplicated success can be. Finnish-born writer Katja Pantzar was raised and educated in Canada, where the consumerist and materially obsessed culture left her feeling empty and unhappy. When she received treatment for depression in her mid-20s, the doctor treating her simply prescribed medication and sleeping pills, no thought given to her lifestyle. After moving to Finland, Katja discovered *sisu*: the Finnish approach to well being defined by a special kind of resilience, grit and courage. She embraced this way of living and experienced a dramatic turnaround in her health and happiness. Simple, functional exercise (as simple as riding her bike to work), the Nordic diet, spending time in nature and water together with a more courageous outlook, all served to transform Pantzar's life: her anxieties, fatigue and pain left behind in the sea. In *Finding Sisu*, Pantzar offers an honest (no place is perfect - Finland is not an exception) and uplifting account of her physical and psychological health transformation from a slightly lethargic depressive into an energetic optimist. She examines the link between *sisu* and the Nordic reputation for excellent wellbeing and overall life satisfaction, and looks at the ways in which we, too, can apply *sisu* to our lives - wherever we may be. *Finding Sisu* is a personal but also practical approach to the power of this 500-year-old philosophy and how it can help us all to lead healthier, happier - and braver lives.

Indonesian Islam is often portrayed as being intrinsically moderate by virtue of the role that mystical Sufism played in shaping its traditions. According to Western observers--from Dutch colonial administrators and orientalist scholars to modern anthropologists such as the late Clifford Geertz--Indonesia's peaceful interpretation of Islam has been perpetually under threat from outside by more violent, intolerant Islamic traditions that were originally imposed by conquering Arab armies. *The Makings of Indonesian Islam* challenges this widely accepted narrative, offering a more balanced

assessment of the intellectual and cultural history of the most populous Muslim nation on Earth. Michael Laffan traces how the popular image of Indonesian Islam was shaped by encounters between colonial Dutch scholars and reformist Islamic thinkers. He shows how Dutch religious preoccupations sometimes echoed Muslim concerns about the relationship between faith and the state, and how Dutch-Islamic discourse throughout the long centuries of European colonialism helped give rise to Indonesia's distinctive national and religious culture. *The Makings of Indonesian Islam* presents Islamic and colonial history as an integrated whole, revealing the ways our understanding of Indonesian Islam, both past and present, came to be.

Arab populations have their "own" genetic disorders, both universal and particular. Genetic diversity within these source populations, along with the fact that the rates of inbreeding are often high and family sizes are often large, constitute conditions that facilitate the emergence and detection of phenotypes explained notably by autosomal recessive inheritance; in which case, the use of homozygosity gene mapping can facilitate the discovery of the corresponding genes. The present book includes 5 parts dealing with various aspects that relate to the genetic structure of Arabs and minorities within the Arab world as well as genetic disorders prevalent in this part of the world. It includes updated reviews of the genetic disorders in various Arab countries and geographic regions. The focus is primarily, but not exclusively, on the group of single-gene disorders with particular emphasis on autosomal recessive conditions. It further includes epidemiological and clinical data as well as inheritance patterns, mutation and polymorphism data, and available haplotype analysis data. The ethnic and genetic diversity of the Arab populations is discussed as well as aspects of genetic counseling practice in this region together with a proposal for an ethical framework for genetic research and prevention of genetic disorders. The target audience of this book includes human and medical geneticists, genetic counselors, researchers, medical specialists dealing with Arab patients or practicing in Arab countries, medical and genetic counseling students, and nurses.

The book reveals how green buildings are currently being adapted and applied in developing countries. It includes the major developing countries such as China, Indonesia, Malaysia, Thailand, Pakistan, Cambodia, Ghana, Nigeria and countries from the Middle East and gathers the insights of respected green building researchers from these areas to map out the developing worlds green building revolution. The book highlights these countries contribution to tackling climate change, emphasising the green building benefits and the research behind them. The contributing authors explore how the green building revolution has spread to developing countries and how national governments have initiated their own green building policies and agendas. They also explore how the market has echoed the green building policy, and how a business case for green buildings has been established. In turn, they show how an international set of green building standards, in the form of various techniques and tools, has been incorporated into local building and construction practices. In closing, they demonstrate how the developing world is emerging as a key player for addressing the energy and environmental problems currently facing the world. The book helps developers, designers and policy-makers in governments and

green building stakeholders to make better decisions on the basis of global and local conditions. It is also of interest to engineers, designers, facility managers and researchers, as it provides a holistic picture of how the industry is responding to the worldwide call for greener and more sustainable buildings.

Inilah semangat yang ingin ditularkan Dr. Ibrahim Elfiky, motivator kelas dunia, kepada Anda. Melalui buku ini dia akan menuntun Anda untuk mewujudkan semua mimpi Anda dan segera merancang impian yang lebih besar. Buku ini lebih dari sekadar melarang Anda untuk bersedih. Buku ini akan menuntun Anda untuk mengelola seluruh potensi diri yang ada agar mimpi Anda saat ini dan yang akan datang menjadi kenyataan. [Mizan, Hikmah, Inspirasi, Motivasi, Indonesia]

Ibrahim Elfiky menyadarkan kita untuk memahami dan mendayagunakan potensi diri yang terkadang kita abaikan, lalu menunjukkan sekaligus menuntun kita menuju kesuksesan dan kebahagiaan sejati yang menurutnya bisa terwujud dengan berakhlak baik secara seimbang kepada Tuhan dan segenap ciptaan. Berbeda dengan karya-karya Elfiky sebelumnya, pesan-pesan motivasi dalam buku ini dikemas dalam dialog. Anda seakan mengobrol langsung dengan Elfiky. Anda akan mendapat nasihat hebat dan pesan berharga dari sang maestro tanpa merasa dinasihati sebab Anda larut dalam obrolan yang akrab dan mengalir dari awal hingga akhir. " Inilah karya terakhir Dr. Elfiky untuk anak muda atau siapa pun yang berjiwa muda dan bervisi mulia serta bertekad untuk hidup lebih maju, lebih bermutu, dan membahagiakan. Diterbitkan oleh penerbit Serambi Ilmu Semesta" (Serambi Group)

The second volume of the highly acclaimed Cairo Trilogy from the winner of the Nobel Prize for Literature. Filled with compelling drama, earthy humor, and remarkable insight, Palace Of Desire is the unforgettable story of the violent clash between ideals and realities, dreams and desires.

In the name of Allah, the Beneficent, the Merciful. Praise be to Allah, Lord of the worlds. Good luck and greetings may be poured out to the king of the Prophet Muhamad PBUH, to his friends, family, and people who always imitate him until the end of time. The book that is in front of the reader is a translation of an Arabic book, *Ats Tsiqatu Wal I'tizaz Bin Nafsi* by the late Dr. Ibrahim Elfiky. As in general Dr. Ibrahim Elfiky discusses motivation and psychology, this book is also very thick with discussions on motivation and psychology plus this book also contains time management. Through this book, readers are invited to strive to have confidence and self-esteem, because without strong self-esteem and trust it is difficult for us to develop and do activities with enthusiasm and enthusiasm. Through this book too, readers are invited to tread several methods so that we are measured and directed towards our short, medium, and long term goals in life. We hope that through this book, readers can enjoy life more and be happier because their various life goals can be easily achieved by applying the various methods suggested in this book. Hopefully, this small business in translating this valuable book can make a little contribution to change the paradigm that is

sometimes deeply rooted but wrong. Allah (alone) we ask for all our activities are in His favor and we always receive the outpouring of His grace.

Married couples...dating couples...parents and children...teachers and students...office workers...management and staff...business to business... There is a simple solution to improving your communication and building better, healthier relationships. It's called Law of Connection. Make it work for you! Are there certain people you cannot seem to communicate with--at home, at work, or in your community? You say one thing, they hear something different. You simply do not understand one another, and you cannot explain why. The only thing you are certain of is that the lack of connection leads to disappointment, frustration, and conflict. Now in LAW OF CONNECTION, Michael J. Losier gives you the key to successful communication. Using the principles of Neuro-Linguistic Programming (NLP), you will soon master the few simple skills needed to create better understanding with people in every aspect of your life. With tips, tools, exercises, and scripts to guide you, you will discover: --the three conditions for connecting --techniques for calibrating your conversations --four easy methods for effective communication --tips for creating positive rapport in all kinds of situations --a special section for teachers, trainers, and anyone who makes group presentations. Bring LAW OF CONNECTION home to your family and introduce it into your workplace. Watch and listen as communication improves wherever you are, and your relationships become fuller, richer, and free of conflict.

The international bestseller illustrated with Andrew Matthews famous cartoons, in full color. HAPPINESS NOW is about balancing relationships, finding career success and peace of mind. Written in Matthews' witty style, HAPPINESS NOW gets right to the point. It is a book for busy people.

Kyai Haji Abdullah Gymnastiar, known affectionately by Indonesians as "Aa Gym" (elder brother Gym), rose to fame via nationally televised sermons, best-selling books, and corporate training seminars. In Rebranding Islam James B. Hoesterey draws on two years' study of this charismatic leader and his message of Sufi ideas blended with Western pop psychology and management theory to examine new trends in the religious and economic desires of an aspiring middle class, the political predicaments bridging self and state, and the broader themes of religious authority, economic globalization, and the end(s) of political Islam. At Gymnastiar's Islamic school, television studios, and MQ Training complex, Hoesterey observed this charismatic preacher developing a training regimen called Manajemen Qolbu into Indonesia's leading self-help program via nationally televised sermons, best-selling books, and corporate training seminars.

Hoesterey's analysis explains how Gymnastiar articulated and mobilized Islamic idioms of ethics and affect as a way to offer self-help solutions for Indonesia's moral, economic, and political problems. Hoesterey then shows how, after Aa Gym's fall, the former celebrity guru was eclipsed by other television preachers in what is the ever-changing mosaic of Islam in Indonesia. Although Rebranding Islam tells the story of one man, it is also an anthropology of Islamic psychology.

Cell Surface GRP78, a New Paradigm in Signal Transduction Biology presents a new paradigm that has emerged in the past decade with the discovery that various intracellular proteins may acquire new functions as cell surface receptors. Two very prominent examples are ATP synthase and GRP78. While the role of cell surface ATP synthase has been reviewed in various books, this book directs its attention to the story of cell surface GRP78. Edited by the researcher who identified cell surface expression of the molecular chaperone GRP78 as a major factor in prostate cancer and other malignancies Presents an in-depth treatment of the biological underpinnings of GRP78 and its connection to disease Provides four-color illustrations that facilitate the narrative

If you want to be happy, fulfilled and energised its probably best not to obsess over being THE best. Why not focus on doing YOUR best? You don't need to completely transform yourself and become a shining beacon of wonderment and astonishing success—you should remain you . . . just a better version. You, Only Better is all about discovering what you're good at and focusing on that. It's about deciding what it is you really want from life and learning how to reach your full potential. Packed with the author's hand-drawn illustrations, helpful quotes, mini-case studies and Q&As you'll learn how to change your mindset for the better and think positively, take action to achieve your goals, fight against fatigue and get motivated and achieve long lasting happiness and contentment. You, Only Better offers techniques and methods for: Gaining energy and focus Managing your time effectively Setting your goals Honing your thinking and mindset Dealing with pressure and stress Making smart decisions Thinking creatively to solve problems Actually taking action and keeping up the momentum

Offering guidelines on how to get what you want through a subconscious retraining program, the author targets the source of personal obstacles and presents strategies on accumulating wealth, getting fit, and more

Attitude is everything. And this book will uplift and inspire readers with its stories about the power of positive thinking! In bad times, and good, readers will be encouraged to keep a positive attitude. Chicken Soup for the Soul: The Power of Positive will inspire readers with its 101 success stories about the power of a positive attitude. Contributors share how they changed their lives, solved problems, or overcame challenges through a positive attitude, counting their blessings, or other epiphanies, motivating and uplifting readers.

'Nothing you don't already know' is a brief guide to making the most of your life. It's for everyone who wants to take on the journey of fulfilling their potential and live a deeply meaningful life. In 2015, Alexander started sharing his writings about life on his Instagram page. This book holds a selection of his most popular quotes and writings that have already positively impacted thousands of people. Alexander's teachings are about living with purpose, overcoming fear, facing yourself, and making a difference. This concise handbook is full of remarkable reminders about meaning, purpose, and self-realization. The title refers to the idea that if you learn something profound, it's not as if you have learned something new. Rather, it's as if something is being unveiled to you that you have always known.

The novel coronavirus disease 2019 (COVID-19) pandemic has posed a major threat to human

life and health. This book is beneficial for interdisciplinary students, researchers, and professionals to understand COVID-19 and how computational intelligence can be used for the purpose of surveillance, control, prevention, prediction, diagnosis, and potential treatment of the disease. The book contains different aspects of COVID-19 that includes fundamental knowledge, epidemic forecast models, surveillance and tracking systems, IoT- and IoMT-based integrated systems for COVID-19, social network analysis systems for COVID-19, radiological images (CT, X-ray) based diagnosis system, and computational intelligence and in silico drug design and drug repurposing methods against COVID-19 patients. The contributing authors of this volume are experts in their fields and they are from various reputed universities and institutions across the world. This volume is a valuable and comprehensive resource for computer and data scientists, epidemiologists, radiologists, doctors, clinicians, pharmaceutical professionals, along with graduate and research students of interdisciplinary and multidisciplinary sciences.

In December 2019, the world witnessed the occurrence of a new coronavirus to humanity. The disease spread quickly and became known as a pandemic globally, affecting both society and the health care system, both the elderly and young groups of people, and both the men's and women's groups. It was a universal challenge that immediately caused a surge in scientific research. Be a part of a world rising in fighting against the pandemic, the Coronavirus Disease - COVID-19 was depicted in the early days of the pandemic, but updated by more than 200 scientists and clinicians to include many facets of this new infectious pandemic, including i, characteristics, ecology, and evolution of coronaviruses; ii, epidemiology, genetics, and pathogenesis (immune responses and oxidative stress) of the disease; iii, diagnosis, prognosis, and clinical manifestations of the disease in pediatrics, geriatrics, pregnant women, and neonates; iv, challenges of co-occurring the disease with tropical infections, cardiovascular diseases, hypertension, and cancer and to the settings of dentistry, hematology, ophthalmology, and pharmacy; v, transmission, prevention, and potential treatments, ranging from supportive ventilator support and nutrition therapy to potential virus- and host-based therapies, immune-based therapies, photobiomodulation, antiviral photodynamic therapy, and vaccines; vi, the resulting consequences on social lives, mental health, education, tourism industry and economy; and vii, multimodal approaches to solve the problem by bioinformatic methods, innovation and ingenuity, globalization, social and scientific networking, interdisciplinary approaches, and art integration. We are approaching December 2020 and the still presence of COVID-19, asking us to call it COVID (without 19).

This book is designed to be a simple, practical and easy how-to guide for working with the Law of Attraction. Aiman Al-Maimani has put together concise and straightforward concepts and step-by-step exercises that will quickly help you start deliberately using the Law of Attraction in your life. Aiman Al-Maimani shows you how to effectively change your thoughts, and to use visualization, affirmations, and meditation to enhance your connection to your higher self.

These proven techniques will create lasting change and allow desire to become reality. You will learn: - How to get clear about what you want. - How to change negative, repetitive thoughts. - How to tap your subconscious mind through the power of meditation. - How to use affirmations to help you stay on track - How to set and filter goals. And much more

Dr. Ibrahim Elfiky, sang maestro motivator muslim dunia ini, dengan bahasa yang ringan memaparkan kiat-kiat praktis membangun komunikasi yang komunikatif bagi Anda. Sebagai pelatih NLP bersertifikat internasional, Ibrahim menggunakan metode ini tidak hanya sebagai terapi, tetapi juga sangat bermanfaat di bidang manajemen, pendidikan, kesehatan, bahkan sales. Anda tak hanya akan mampu mengontrol emosi Anda, tetapi juga bisa menaklukkan orang yang paling sulit sekalipun. "NLP adalah manual lengkap yang paling aplikatif untuk petunjuk penggunaan super-komputer yang bernama otak manusia." —Ronny F. Ronodirdjo Konsultan dan trainer NLP dan Hypnotherapy "Buku yang merangkum langkah-langkah

menuju kesuksesan dan perkembangan tak terbatas.” —Joseph Sidaros General Manager London Life Insurance Co. [Mizan, Hikmah, Psikologi, Komunikasi, Indonesia]

The Essential Patient Handbook was written for the millions of Americans who are dissatisfied with their medical care, and are looking for a practical no-nonsense way to get the help they need from their doctors. It contains lessons learned by two doctors (husband and wife) who endured immense challenges on the patient side of the medical care system. Here are the secrets to: getting your doctor to listen preparing information your doctor needs to know understanding the reasoning behind your doctor's questions asking the essential questions about tests, diagnoses, medications, surgery, and second opinions checking for medication side effects and drug interactions dealing with confusing insurance and billing forms working with your doctor when considering alternative and complementary medicines handling difficult doctor-patient interactions dealing with a hospital stay The Essential Patient Handbook will walk readers through the entire medical evaluation process, from the first question to the last. It gives them a guide to thoroughly prepare medical information BEFORE seeing a doctor, and explains why each piece of information is crucial. The information prepared with the aid of this book are symptom-specific, and will help physicians to arrive at a differential diagnosis. Once a diagnosis is established, it will help readers prepare further information that your doctors needs to learn to remain on top of your medical condition.

“Crazy, Stupid, Love meets Notting Hill. About an actress making it big and the complicated relationship she has with the guy she met as a teenager. You’ll read it in two days” —The Skimm Their meeting in a parking lot outside a high school football game was both completely forgettable and utterly life-changing. Because no matter how you look at it, it is piss-poor luck to meet the love of your life before your life has even started. Fierce and ambitious, Alison transforms into a rising TV star in New York City while her first love, Kyle, all heart and spiritual yearning, becomes a pediatrician in suburban Cincinnati, married to the wrong woman. What could these mismatched souls have to do with each other? Everything and nothing. Even as their fates rocket them forward and apart, neither can fully let go of the past. As their lives inevitably intersect, Alison and Kyle must face each other in the revealing light of their decisions. I’m Glad About You is a glittering study of how far the compromises two people make will take them from the lives they were meant to live.

Anda ingin sukses? jika jawabannya "Ya." maka anda wajib baca buku ini sampai selesai. Dalam buku ini anda akan dibawa oleh penulis sekaligus orator dunia Dr. Ibrahim Elfiky kepada berbagai penemuan yang membimbing anda kepada satu metode yang menjadikan anda seketika bersemangat, memiliki rencana yang memungkinkan anda untuk memelihara semangat tersebut, memberi anda energi yang menyala-nyala dalam kondisi apapun dan meningkatkan tingkat kepercayaan diri anda dan energi diri anda. Anda akan belajar komitmen, aktivitas, berpikir positif, berimajinasi, dan bagaimana anda menggunakannya dalam kehidupan anda sehari-hari agar anda mencapai derajat kesuksesan yang tertinggi.

A guide to educational play Montessori style offers ideas for activities and games to supplement preschool learning

Saya telah memutuskan untuk menulis buku ini... dan menamainya: BANGKITKAN KEMAMPUAN DAN CIPTAKAN MASA DEPAN Saya membagi pada dua bagian: · Bagian yang pertama: BANGKITKAN KEMAMPUAN ANDA...didalamnya diungkap aneka kekuatan Anda yang tak terhitung yang diberikan pada Anda oleh Allah swt, dan Anda mengenal bahwa Anda lebih besar dan kuat dari tantangan apapun dalam hidup

ini. - Bagian yang kedua: CIPTAKAN MASA DEPAN ANDA.. itu fokus pada cara menggunakan aneka kekuatan yang mengagumkan ini; agar Anda dapat mewujudkan aneka tujuan Anda dan menciptakan masa depan Anda yang indah. Sekarang izinkan saya bertanya kepada anda: Belum tibakah waktu Anda untuk mengenal hikayat siapa diri anda? Belum tibakah waktu Anda untuk mengenal aneka kekuatan Anda yang tak terbatas? Belum tibakah waktu Anda untuk menghentikan keraguan akan kemampuan anda? Belum tibakah waktu Anda untuk menghentikan keluhan, cercaan, kritikan, dan perbandingan? Belum tibakah waktu Anda untuk mengenal bagaimana cara Anda berinteraksi bersama para pencuri waktu? Belum tibakah waktu Anda untuk melihat pada kekhawatiran di mata anda; agar Anda berkata padanya: "setelah saat ini Anda tidak akan pernah menghalangiku untuk mewujudkan cita-citaku"? Belum tibakah waktu Anda memohon pada Allah yang Maha Perkasa yang Mahaagung: "WAHAI SANG PENGURUS ALAM..AMPUNILAH KEBODOHANKU PADA DIRIKU SENDIRI, AMPUNILAH AKU KARENA KETIDAKTAHUANKU AKAN PEMBERIANMU YANG TAK TERHINGGA, AMPUNILAH KEBODOHANKU AKAN KEKUAASANMU DAN KEKUATANMU.." Kemudian Allah azza wa jalla menjanjikan akan menyingkap kekuatan anda, dan Anda mengenal diri Anda yang hakiki. Kemudian Allah swt memerintahkannya untuk menggunakan kemampuan Anda dengan cara terbaik. Belum tibakah waktu Anda membersihkan tanah yang melumuri Anda dari program negatif yang Anda peroleh dari masa silam?! Untuk toleran pada semua?! Untuk menghantam pembangkang (ego) dari dalam diri Anda?! Belum tibakah waktu Anda mengenal nilai intan itu yang ada di hadapan anda?! Belum tibakah waktu Anda membuat masa depan anda?! SEKARANG ULANGI BERSAMAKU Waktu telah tiba-waktu telah tiba

Welcome, O wise readers! When you feel that your life is going to your unwanted direction .. you look at your passing ages and you did not feel that you have done everything becomes your ambition .. you look at the future and you pray may Allah will give you an ability, energy, and power for performing everything you are still not able to do and reaching more and more. So: This book is written agree with your condition where you are, directing to your heart and feeling and making love with your feeling and expectation. This book is not written as scientific program – like my old books –, but it is closer to meditation books, or quotations become a supporting book. It discuss a variety of your life goals, your interaction with time, way to be confidence and taking decision. It is written on quiet times where you need someone who gives you affection, easiness, light in empty space for contemplating, cogitating, and determining your return place. When we project the idea on the positive plane of the world, we create a positive energy with a certain frequency and release it to the universe to propagate and eventually it will reflect back a positive energy of an equal amount and same frequency. We will have a positive sequence of thoughts, actions and then finally destinations. When we hold the negative energy and choose not to release it, then it will transform into positive energy. This will create a positive attitude and character of us. However, the opposite is exactly true. When we choose to project and interpret an idea on the negative plane of the world, we create a negative energy to the universe and certainly the reflection will be from the same nature on the quantity and frequency. We will be dragged into negative actions, and then it means that we have chosen undesirable destination. Furthermore, the matter will amplify more according to the law of attraction, as positive energies and reflections will attract more and more and you will have a

whole lot of positive results. On the contrary, if we decide to have a negative way of thinking then it means we have chosen to receive more and more negative results and bad outcomes.

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