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Divine Guide in Early Shi'ism, The - Mohammad Ali Amir-Moezzi 2016-01-01

The Imam, the Divine Guide, is the central point around which the Shi'ite religion turns. The power of Shi'ism comes from the actions of the Imam. This title is reserved exclusively for the successors of the prophets in their mission. The author shows that from the beginning of Shi'ite Islam until the tenth century, the Imam was primarily a master of knowledge with supernatural powers, not a jurist theologian. The Imam is the threshold through which God and the creatures communicate. He is thus a cosmic necessity, the key and the center of the universal economy of the sacred. The author presents Shi'ism as a religion founded on double dimensions where the role of the leader remains constantly central: perpetual initiation into divine secrets and continued confrontation with anti-initiation forces. Without esotericism, exotericism loses its meaning. Early Imamism is an esoteric doctrine. Historically, then, at the beginning of esotericism in Islam, we find an initiatory, mystical, and occultist doctrine. This is the first book to systematically explore the immense literature attributed to the Imams themselves in order to recover the authentic original vision. It restores an essential source of esotericism in the world of Islam.

Al-Amali, The Dictations of Shaykh al-Mufid - Shaykh al-Mufid 2014-09-15

This book is one of the many Islamic publications distributed by Ahlulbayt Organization throughout the world in different languages with the aim of conveying the message of Islam to the people of the world. Ahlulbayt Organization is a registered Organisation that operates and is sustained through collaborative efforts of volunteers in many countries around the world, and it welcomes your involvement and support. Its objectives are numerous, yet its main goal is to spread the truth about the Islamic faith in general and the Shi`a School of Thought in particular due to the latter being misrepresented, misunderstood and its tenets often assaulted by many ignorant folks, Muslims and non-Muslims. For a complete list of our published books please refer to our website or send us an email .

A Brief Biography of Imam Ali bin Musa (a.s.) - Mohamed Raza Dungersi 1996-01-01

Youth and Spouse Selection - Ali Akbar Mazaheri 2015-11-12

This book suggests to the youth, solutions to only one of the burning problems of the day, marriage, from an Islamic perspective and viewpoint. The learned author, Mr. Ali Akbar Mazaheri, has put in a great deal of hard and sincere endeavour to illustrate Islamic solutions to this aspect of human life, particularly, the innocent youth of today, who are being misguided, confused and perverted by the immoral techno-propaganda of the imperialists, who have their own axe to grind to achieve their selfish and nasty objectives all around the globe. We hope that this useful book will be a guide for the perturbed youth and an answer to a part of their quest. This book is one of the many Islamic publications distributed by Ahlulbayt Organization throughout the world in different languages with the aim of conveying the message of Islam to the people of the world. Ahlulbayt Organization (www.shia.es) is a registered Organization that operates and is sustained through collaborative efforts of volunteers in many countries around the world, and it welcomes your involvement and support. Its objectives are numerous, yet its main goal is to spread the truth about the Islamic faith in general and the Shi`a School of Thought in particular due to the latter being misrepresented, misunderstood

and its tenets often assaulted by many ignorant folks, Muslims and non-Muslims. Organization's purpose is to facilitate the dissemination of knowledge through a global medium, the Internet, to locations where such resources are not commonly or easily accessible or are resented, resisted and fought! In addition, For a complete list of our published books please refer to our website (www.shia.es) or send us an email to info@shia.es

Fatimiyyah Is 'Ashura' - Ayatullah Lutfullah as-Safi al-Gulpaygani 2014-09-22

In one of his writings, Grand Ayatullah Shaykh Lutfullah Safi Gulpaygani elucidated upon some issues in regards to the personality of Sayyidah Zahra, peace be upon her. In speaking about commemorating the [days] of Fatimiyyah¹, he stated that, "...in every religious event and at every opportunity [which we are given], we must speak about her standpoints, life, her traits of asceticism, worship [of God], and her knowledge..."

A Shi'ite Anthology - William C. Chittick 1981-01-01

Created by the Prophet Muhammad and his twelve Imams, the Hadith is an ancient and profoundly influential body of religious texts in Shi'ite Muslim literature, second in importance only to the Holy Koran itself. Texts on the practical aspects of life and pure metaphysics are included in this first English translations of excerpts from the Hadith. Especially selected for the Western reader by the renowned Islamic scholar Tabataba'i, the passages from the Hadith shed light on the culture, history, law, and theology of the Shi'ite community and provide direct translations of some of the most famous of Islamic prayers.

Muslim Devotions - Constance E. Padwick 1961

Development of Muslim Theology, Jurisprudence and Constitutional Theory - Duncan Black Macdonald 1903

As-sahifa Al-kamilah Al-sajjadiyya - Imam Zain ul Abideen 2014-10-21

The Psalms of Islam A collection of supplications and whispered prayers composed by the great-grandson of the Prophet (s). Includes supplication for the Coming of the Month of Ramadhan, and supplication for Bidding Farewell to the Month of Ramadhan. At the end there is also the famous Treatise on Rights that explains beautifully the rights in an Islamic point of view.

Islamic Law with the Quran and Sunnah Evidences - Recep Dogan 2013-07-01

The religion of Islam aims to bring happiness to the lives of human beings in this world and the afterlife by providing them with the most suitable lifestyle for the human condition. Allah revealed Islam through Prophet Muhammad (pbuh) giving Muslims two main sources from which to learn their duties and worship: the Quran and Sunnah (the behaviour and words of Prophet Muhammad (pbuh)). In order to worship in the most authentic way, a Muslim must know both the Quran and Sunnah. This book focuses on worship and its relevant topics. To be able to perform sound and healthy worship, a Muslim needs to have an accurate knowledge of the religion. This book explains the evidence for the rulings from the Quran, Sunnah and other sources.

Story of the Holy Ka'aba and Its People - S.M.R Shabbar 2014-10-28

This book is one of the many Islamic publications distributed by Ahlulbayt Organization throughout the world in different languages with the aim of conveying the message of Islam to the people of the world. Ahlulbayt Organization is a registered Organisation that operates and is sustained through collaborative

efforts of volunteers in many countries around the world, and it welcomes your involvement and support. Its objectives are numerous, yet its main goal is to spread the truth about the Islamic faith in general and the Shi`a School of Thought in particular due to the latter being misrepresented, misunderstood and its tenets often assaulted by many ignorant folks, Muslims and non-Muslims. For a complete list of our published books please refer to our website or send us an email .

The Decisive Solution - Shaykh Muhammad Shareef Bin Farid 2015-05-19

This text, *The Decisive Solution* is an eloquent assessment on one of the most profound issues facing the indigenous minority communities around the world in general and a roadmap specifically articulated for the indigenous Muslim minority in America for self determination. In this text Shaykh Muhammad Shareef lays down a case against the historical and continuous discriminatory practises of the American government against it's indigenous communities, such as the 1st Nation Native Americans, Hispanics, Africans and Muslim minorities. The Shaykh highlights the fact that the powers that be, will violate their own laws and principles in order to deny it's indigenous populations true liberty. In the face of such tyranny, this book is a revolutionary ideal.

Greater Sins - Abdul Husain Dastghaib 2004

This books describes the greatest sins according to Islam. Written by Ayatollah Dastghaib Shirazi, it's easy to understand and insightful to the reader.

Arabic Literature to the End of the Umayyad Period - A. F. L. Beeston 1983-11-03

The History provides an invaluable source of reference of the intellectual, literary and religious heritage of the Arabic-speaking and Islamic world.

The Hereafter (Ma'ad) - Ayatullah Sayyid Abdul Husayn Dastghaib Shirazi 2018-02-16

A detailed account of humanity's experience of death, and the stages beyond it, including the status in one's grave, Barzakh, the Day of Judgment (Qiyamah), and the final recourse in Heaven or Hell.

Arabic Manuscripts - Adam Gacek 2009-06-24

Arranged alphabetically by subject and/or concept and richly illustrated, the present vademecum deals with various aspects of Arabic manuscript studies. A companion volume to my recently published *The Arabic Manuscript Tradition* (2001) and its Supplement (2008), this work constitutes an indispensable aid to students and researchers.

Essence of Life - Allamah Muhammad Baqir al-Majlisi 2015-01-24
Ain al-Hayat

Guidance (Uwongozi) by Sheikh al-Amin Mazrui: Selections from the First Swahili Islamic Newspaper - Kai Kresse 2016-11-21

Guidance (Uwongozi) is a bi-lingual edition of a collection of essays from the first Swahili Islamic newspaper, Sahifa, written by Sheikh al-Amin Mazrui (d. 1947) in Mombasa between 1930 and 1932. The collection was first printed locally in 1944.

The Garden of Truth - Seyyed Hossein Nasr 2009-10-13

The headlines are filled with the politics of Islam, but there is another side to the world's fastest-growing religion. Sufism is the poetry and mysticism of Islam. This mystical movement from the early ninth century rejects worship motivated by the desire for heavenly reward or the fear of punishment, insisting rather on the love of God as the only valid form of adoration. Sufism has made significant contributions to Islamic civilization in music and philosophy, dance and literature. The Sufi poet Rumi is the bestselling poet in America. But in recent centuries Sufism has been a target for some extremist Islamic movements as well as many modernists. The Garden of Truth presents the beliefs and vision of the mystical heart of Islam, along with a history of Sufi saints and schools of thought. In a world threatened by religious wars, depleting natural resources, a crumbling ecosystem, and alienation and isolation, what has happened to our humanity?

Who are we and what are we doing here? The Sufi path offers a journey toward truth, to a knowledge that transcends our mundane concerns, selfish desires, and fears. In Sufism we find a wisdom that brings peace and a relationship with God that nurtures the best in us and in others. Noted scholar Seyyed Hossein Nasr helps you learn the secret wisdom tradition of Islam

and enter what the ancient mystics call the "garden of truth." Here, liberate your mind, experience peace, discover your purpose, fall in love with the Divine, and find your true, best self. The Prophet and the Age of the Caliphates - Hugh Kennedy 2015-12-14

The Prophet and the Age of Caliphates is an accessible history of the Near East from c.600-1050AD, the period in which Islamic society was formed. Beginning with the life of Muhammad and the birth of Islam, Hugh Kennedy goes on to explore the great Arab conquests of the seventh century and the golden age of the Umayyad and Abbasid caliphates when the world of Islam was politically and culturally far more developed than the West. The arrival of the Seljuk Turks and the period of political fragmentation which followed shattered this early unity, never to be recovered. This new edition is fully updated to take into account the considerable amount of new research on early Islam, and contains a completely revised bibliography. Based on extensive reading of the original Arabic sources, Kennedy breaks away from the Orientalist tradition of seeing early Islamic history as a series of ephemeral rulers and pointless battles by drawing attention to underlying long term social and economic processes. *The Prophet and the Age of Caliphates* deals with issues of continuing and increasing relevance in the twenty-first century, when it is, perhaps, more important than ever to understand the early development of the Islamic world. Students and scholars of early Islamic history will find this book a clear, informative and readable introduction to the subject.

Mafateeh - 2021-11

A Divine Perspective on Rights - Lisa Zaynab Morgan 2015-11-09

A detailed commentary on the Treatise of Rights as narrated by our fourth Imam, Ali bin Husayn (as). This commentary contains further references from the Qur'an and ahadith confirming and shedding light on what has been narrated by our fourth Imam in *The Treatise of Rights*. This book is one of the many Islamic publications distributed by Ahlulbayt Organization throughout the world in different languages with the aim of conveying the message of Islam to the people of the world. Ahlulbayt Organization (www.shia.es) is a registered Organization that operates and is sustained through collaborative efforts of volunteers in many countries around the world, and it welcomes your involvement and support. Its objectives are numerous, yet its main goal is to spread the truth about the Islamic faith in general and the Shi`a School of Thought in particular due to the latter being misrepresented, misunderstood and its tenets often assaulted by many ignorant folks, Muslims and non-Muslims. Organization's purpose is to facilitate the dissemination of knowledge through a global medium, the Internet, to locations where such resources are not commonly or easily accessible or are resented, resisted and fought! In addition, For a complete list of our published books please refer to our website (www.shia.es) or send us an email to info@shia.es

The Psalms of Islam - Zayn al-Abidin Ali ibn al-Husayn 2005

Imam Al-Jawad (a.s) - 1998

The Ten Granted Paradise - Sayed Ammar Nakshawani 2014-05-21

Dr. Nakshawani in the following work not only corrects the widespread misconception that the Shi`i intellectual tradition despises and curses all Companions, but also clarifies the reason for which some Companions were considered people of Paradise in the Shi`i (and usually the Sunni) tradition. In a few places, the author notes reasons for which the Shi`i tradition does not venerate certain Companions. Discussing controversial history as it relates to Companions and the ahl al-bayt remains a difficult enterprise, where methods and premises, let alone conclusions, substantially differ from scholar to scholar. As an expert of the Shi`i tradition, Dr. Nakshawani presents relevant Shi`i narratives for non-specialists who would otherwise be unaware of them. Thus, the following biographies fill a gap in knowledge about Companions not only revered in the Shi`i tradition, but according to the collective memory of pro-Alid Sunni and Shi`i authors, granted Paradise.

The Sayings and Wisdom of Imam Ali - 2018-12-10

The sayings and wisdom of Imam `Ali transcend superficial differences, to reveal everlasting truths that can only serve to guide and illuminate the seeker and traveler on his or her journey through life, as clearly, constantly, and unerringly as the Pole Star.

The Radiance of the Secrets of Prayer - Muhsin Qara'ati 2014-10-28

In this text, Muhsin Qara'ati explains in detail the meaning of Worship and Intention, as well as how different stages of worship are acquired. He then goes on to explain the different actions of Prayer in detail, such as the first Takbir, and the recitation of the Suras. The author explains each step throughly, outlining its importance and our understanding of the action.

The Shifts in Hizbullah's Ideology - Joseph Elie Alagha 2006
Analyses of the political and ideological transformation of Hizbullah.

The Life of Imam Muhammad Al-Jawad - Baqir Shareef Al-qurashi 2014-10-17

This book is one of the many Islamic publications distributed by Talee throughout the world in different languages with the aim of conveying the message of Islam to the people of the world. Talee (www.talee.org) is a registered Organization that operates and is sustained through collaborative efforts of volunteers in many countries around the world, and it welcomes your involvement and support. Its objectives are numerous, yet its main goal is to spread the truth about the Islamic faith in general and the Shi`a School of Thought in particular due to the latter being misrepresented, misunderstood and its tenets often assaulted by many ignorant folks, Muslims and non-Muslims. Organization's purpose is to facilitate the dissemination of knowledge through a global medium, the Internet, to locations where such resources are not commonly or easily accessible or are resented, resisted and fought! In addition, Talee aims at encouraging scholarship, research and enquiry through the use of technological facilitates. For a complete list of our published books please refer to our website (www.talee.org) or send us an email to info@talee.org

Nahjul-Balagha - Yasin T. Al-Jibouri 2013-02-11

Yasin T. al-Jibouri, Translator of this book, has so far written, edited and translated 57 books and other publications, not counting this one. Details and some front cover images of these publications are included on pages 43 - 89 of his other book titled *Mary and Jesus in Islam* which AuthorHouse has already published (ISBN 9781468523201 or 9781468523218). He earned his graduate degree in English from an American university, taught English in Iraq, Saudi Arabia and the United States and is presently preparing Volume Two of his book titled *Allah: The Concept of God in Islam*, the first volume of which has already been published by Authorhouse (ISBN 9781468532722, 9781468532739 or 9781468532746). He is also working on Volume One of his other major work titled *Dictionary of Islamic Terms*. This book is not an ordinary one at all. Actually, millions of intellectuals worldwide regard its eloquence, language and contents as being next in importance only to the Holy Qur'an, and you will find out why when you read it. It is the compilation of the sermons, letters and axioms of Ali ibn Abu Talib, cousin and son-in-law of the Prophet of Islam, who lived from 600 - 660 A.D. and played a major role in shaping the society and politics not only of his time but of all time to come. There are many editions of this great book in at least two dozen languages, and Yasin T. al-Jibouri has for some time been editing one of them. This book is for people who wish to "live" the first Islamic century in all its upheavals, controversies, civil wars and religious fervor. It may serve as a guide for those who wish to discover the complexity, beauty and richness of the Arabic language. Or it may be sought by people who wish to lead a life of happiness and fulfillment, since it provides all of this and more, and you are free to judge for yourself.

Ways of Increasing Sustenance - Reza Tauheedi 2015-07-12

There are different ways of gaining perfection and without adhering to them one cannot achieve it. Due to this a book is needed which shows the way to improve ones economic life from the Islamic point of view. Hence, after seeking assistance from Almighty Allah and taking benefit from verses of Quran and traditions of Masoomeen (a.s.) the following book has been

compiled. It is hoped that it will benefit all the readers. -

ISLAMICMOBILITY.COM - Published by: Jafari Propagation Centre Bandra (W), Mumbai India E-mail: jpcbandra@yahoo.com

Al Sahifa e Alaviya - Ali Ibn Abi Talib (as) 2014-10-28

Ibna tawus in his book *Muhaj al Dawat* and Kafami in his book *Misbah* narrate this dua'a on the authority of Imam Ali ibna abi Talib who learned it from the Holy Prophet. The Holy Prophet advised him to recite this dua'a regularly, whether in prosperity or poverty, till death, because it unveils the secretes of creation and divine strategy. Words can not describe its merits.

Uyun Akhbar Al Reza - - Sheikh Sadooq 2014-09-12

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The Triumph of Mercy - Mohammed Rustom 2012-09-01

Discusses philosopher Mulla Sadras commentary on the opening chapter of the Quran. This book investigates the convergence of philosophy, scriptural exegesis, and mysticism in the thought of the celebrated Islamic philosopher Mulla Sadra (d. 1050/1640). Through a careful presentation of the theoretical and practical dimensions of Sadras Quranic hermeneutics, Mohammed Rustom highlights the manner in which Sadra offers a penetrating metaphysical commentary upon the Fatiha, the chapter of the Quran that occupies central importance in Muslim daily life. Engaging such medieval intellectual giants as Fakhr al-Din al-Razi (d. 606/1210) and Ibn Arabi (d. 638/1240) on the one hand, and the wider disciplines of philosophy, theology, Sufism, and Quranic exegesis on the other, Sadras commentary upon the Fatiha provides him with the opportunity to modify and recast many of his philosophical positions within a scripture-based framework. He thereby reveals himself to be a profound religious thinker who, among other things, argues for the salvation of all human beings in the afterlife.

Tafsir (Qur'anic Exegesis) - Gholamali Haddad Adel 2012-08-31

Generation after generation of Muslim scholars have endeavoured to uncover the implications of the Qur'anic text through the science of Qur'anic exegesis (tafsir). This book traces the development of Qur'anic exegesis from its formative period in the first century hijri until the modern era. It offers a comprehensive discussion of the primary approaches to Qur'anic exegesis; namely, exegesis by traditions, literary exegesis, jurisprudential exegesis, theological exegesis, mystical exegesis, scientific exegesis, modern exegesis, and orientalist exegesis. It also discusses the requirements for an exegete and approaches to exegesis which are considered unacceptable, such as exegesis by personal opinion. This book is part of a series of translations from the Encyclopaedia of the World of Islam (EWI) which was originally compiled in Persian. Other entries from this encyclopaedia which are available in English include Hadith, Hawza-yi 'Ilmiyya, History and Historiography, Muslim Organisations, Political Parties, Qur'anic Exegeses, and Sufism.

Islamic Thought - Abdullah Saeed 2006-11-22

Islamic Thought is a fresh and contemporary introduction to the philosophies and doctrines of Islam. Abdullah Saeed, a distinguished Muslim scholar, traces the development of religious knowledge in Islam, from the pre-modern to the modern period. The book focuses on Muslim thought, as well as the development, production and transmission of religious knowledge, and the trends, schools and movements that have contributed to the production of this knowledge. Key topics in Islamic culture are explored, including the development of the Islamic intellectual tradition, the two foundation texts, the Qur'an and Hadith, legal thought, theological thought, mystical thought, Islamic Art, philosophical thought, political thought, and renewal, reform and rethinking today. Through this rich and varied discussion, Saeed presents a fascinating depiction of how Islam was lived in the

past and how its adherents practise it in the present. Islamic Thought is essential reading for students beginning the study of Islam but will also interest anyone seeking to learn more about one of the world's great religions.

The Sunni-Shi'a Divide - Robert Brenton Betts 2013-07-31

Until the attacks of September 11, 2001, few Americans knew anything about Islam, let alone about the distinctions between Sunni and Shi'a, the Sufi and Wahhabi, the origins of the Holy Qur'an and Shari'a law, and the respect that all Muslims, even secular ones, harbor for the prophet Muhammad, his family, and Islamic traditions. In *The Sunni-Shi'a Divide* Robert Betts traces the tortuous history of Islam's sectarian divisions, emphasizing the most important one, the Shi'a departure from Sunni "orthodoxy." Although the majority of Muslims remain faithful to the Sunni sect of Islam, approximately 15 percent subscribe to the Shi'a creed. As America's involvement in the Middle East drags on, Betts reiterates that policymakers, scholars, and laymen alike must understand the many faces of Islam, the internal forces in the United States that have brought us into these conflicts, and the role of Israel in the region's escalating tensions. How the increasing hostility between the two main Islamic factions plays out on the world stage—as Sunni Turkey, Shi'a Iran, and their allies vie for dominance—is of major consequence for everyone, especially financially strapped Europe and the United States.

Sociology of Shi'ite Islam - Saïd Amir Arjomand 2016-07-18

Sociology of Shi'ite Islam is a comprehensive study of the development of Shi'ism from its sectarian formation in the eighth century through its establishment as Iran's national religion in the sixteenth to the Islamic revolution in Iran in the twentieth century.

Opposing the Imam - Nebil Husayn 2021-04-29

Islam's fourth caliph, Ali, can be considered one of the most revered figures in Islamic history. His nearly universal portrayal in Muslim literature as a pious authority obscures centuries of contestation and the eventual rehabilitation of his character. In this book, Nebil Husayn examines the enduring legacy of the nawasib, early Muslims who disliked Ali and his descendants. The nawasib participated in politics and scholarly discussions on religion at least until the ninth century. However, their virtual disappearance in Muslim societies has led many to ignore their existence and the subtle ways in which their views subsequently affected Islamic historiography and theology. By surveying medieval Muslim literature across multiple genres and traditions including the Sunni, Mu'tazili, and Ibadi, Husayn reconstructs the claims and arguments of the nawasib and illuminates the methods that Sunni scholars employed to gradually rehabilitate the image of Ali from a villainous character to a righteous one.

Islamic medical wisdom - Andrew J. Newman 2001-02

According to Fiqh E Jaferia..... *Islamic Medical Wisdom - The Tibb al-A'imma* by Imam Ali ibn Abu Talib (as) (Author), Andrew J. Newman (Editor), Batool Ispahany (Translator) The present is the first English translation of a text in the Twelver Shi'i prophetic medical tradition. As such it will prove of both interest and importance to specialists and non-specialists alike. The former include those pursuing study of various aspects of Islamic history and civilization in general and especially students of the history of Islamic medicine. The latter include both those wishing greater awareness of the Twelver Shi'i faith and heritage in general, and those desirous of greater familiarity with practical dimensions of the faith in particular. For these audiences a fuller appreciation of this text is perhaps best achieved by some discussion of the place of the prophetic medical tradition within the context of the history of Islamic medicine. Western-language scholars have generally defined Islamic medicine as composed of two distinct and dichotomous traditions, pre-Islamic Galenic medicine and prophetic medicine. Galenic medicine is understood to have become available to Islamic medical writers and practitioners as Greek scientific texts were translated into Arabic, beginning especially in Baghdad in the early 3rd/9th century. Supported by the Abbasid caliphs and other wealthy benefactors, over the next two hundred years the translation movement made much of Greek philosophy and science available in Arabic, the lingua franca of Islamic civilization. The Imams of the Ahl al-Bayt, peace be upon them, were as concerned with treating the body as they were with treating the soul, and their regard for the soundness of the body was similar to their regard for the refinement of the soul. They were physicians of the soul and the body, and Muslims would consult them for their physical illnesses as they would for curing their spiritual sicknesses. This collection of Hadith is ample evidence of that. The Imams, peace be upon them, were not merely conveyors of religious regulations and legislation, but were leaders committed to caring for the Muslims, equally concerned—if such a term is correct—with the health of their bodies and their beliefs, such that they encouraged the learning of medicine (al-tibb). In his comprehensive statement on the divisions of knowledge, 'Ali b. Abu Talib (d. 40/661) Amir al-Mu'minin, peace be upon him, combined it [medicine] with the knowledge of jurisprudence (al-fiqh), saying: "There are four kinds of knowledge: jurisprudence for religions, medicine for bodies, grammar for languages, and [study of] the stars to recognize the seasons. Much has been related from the Imams in collections [of Hadith] on medicine and preserving good health, just as there are more descriptions of various remedies related from them. Here for the reader are a small number of their sayings which are general rules for preserving health and physical well-being.