

ملخص كتاب
الوسائل المفيدة للحياة السعيدة

A Summary of the Book: “The Beneficial Means for a Happy Life”

Author: Abdulrahman bin Nasser al-Saadi 1307 - 1376 AH, one of the most prominent Muslim Imams and scholars of his time.

The Reason for writing: When the Sheikh traveled to Lebanon on a medical trip in 1373 AH, there, he read the book “How to Stop Worrying and Start Living” by the American Writer Dale Carnegie, and he was impressed by it, so he wrote this book.

(1) Belief in Allah the Exalted and doing good deeds: Belief leads to patience, satisfaction, and contentment with what Allah has decreed.

(2) Kindness to creation in words and deeds: Goodness brings about goodness and repels evil.

(3) Occupying yourself with useful work or knowledge: It distracts the heart from thinking about what worries you.

(4) Thinking of today's work: Do not be sad over the past, and do not worry about what is to come, for the Prophet ﷺ used to seek refuge in Allah from worry and sadness.

(5) Making a lot of Thikr (words of praise and remembrance) of Allah the Exalted: The Thikr of Allah brings peace and tranquility to the heart.

(6) Counting the outward and inward blessings of Allah the Exalted: it makes you appreciative and makes you forget grief.

المؤلف:

عبد الرحمن بن ناصر
الشعدي ١٣٠٧ -
١٣٧٦ هـ من أبرز
علماء المسلمين
في عصره، وأحد
الأئمة المحققين.

سبب التأليف:

لما سافر الشيخ إلى
لبنان في رحلة علاجية
عام ١٣٧٣ قرأ هناك
كتاب (دع القلق وأبدأ
الحياة) للكتاب
الأمريكي ديل كارنيجي.
فأعجب به، وألف على
ضوئه هذا الكتاب.

١ الإيمان بالله تعالى والعمل الصالح

فالإيمان يقود إلى الصبر
والرضا والقبالة بما قسم
الله.

٢ الإحسان إلى الخلق بالقول والفعل

فالخير يجلب الخير وي دفع
الشر.

٣ الاشتغال بعمل أو علم نافع

فهو ينهي القلب عن
التفكير فيما يقلق.

٤ إشغال الفكر بعمل اليوم

فلا تحزن عما مضى ولا
تلهي بما سيأتي. فقد كان
النبي ﷺ يستعيذ بالله من
الهم والحزن.

٥ الإكثار من ذكر الله تعالى

فذكر الله يجلب الطمأنينة
واسكنة للقلب.

٦ تعداد نعم الله تعالى الظاهرة والباطنة

فهو يجلب الشكر وينسي
الهم.

(7) Looking at those below you: It leads you to praise Allah for what you have and removes your sadness and grief.



(8) Forgetting about the past: What has passed cannot be taken back, and occupying yourself with it is futile and madness.



(9) Making Du'a' (supplication) to Allah the Exalted: Like making du'a' to Allah to set straight your religion, worldly life, and the hereafter, as stated in the hadith.



(10) Estimating the worst-case scenario: When a catastrophe occurs, estimate the worst possibility because it makes it less when it occurs. If it occurs, try to reduce it as much as you can.



(11) Don't get carried away with illusions and fantasies: Delusions bring you bad thoughts, the expectation of something bad happening, and it is a cause of worries and diseases.



(12) The heart's dependence upon Allah, and trust in Him: And whosoever depends on Allah, then He is sufficient for them.



(13) Tolerating and being patient with the mistakes and harm of others: Every human being must have a flaw, deficiency, or something that you hate, so look at their good side.



(14) Don't get caught up in trivial matters: Just as you accustom yourself to bear disasters and grave matters, small matters are easier to deal with.



(15) Life is short: Real life - despite its shortness - is the life of happiness and tranquility, so do not shorten it more by worrying and getting carried away with adversity.



(16) Many of your worries are baseless: Many of the things you have already worried about didn't happen. So, don't let the weak possibility outweigh the many strong possibilities.



(17) Don't be bothered by others harming you: They are only harming themselves, and if you preoccupy yourself with it, it will harm you as it harms them.

(18) Your life depends on your thoughts: If they are thoughts about what will benefit you in religion or this world, then your life is a good and happy life. Otherwise, the outcome will be the opposite.

(19) Don't expect people to thank you: If you do good to someone who has a right over you or someone who does not have a right over you, it's for the sake of Allah. So, do not care about them not expressing gratitude.

(20) Occupy yourself with what works for you: Harmful things bring worry and sadness, so beneficial actions will aid you.

(21) Get things done right away: if work is not done right away, the rest of your previous work will pile up on you, new work will be added to it, and they will keep you busy.

(22) Sort out your priorities: Start with the most important, then the less important, and choose what you like so that you do not get bored. Consult others, there is no regret in consulting others.

