



Purification of the Heart: Signs, Symptoms and Cures of the Spiritual Diseases of the Heart

Hamza Yusuf

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This exploration of Islamic spirituality delves into the psychological diseases and cures of the heart. Diseases examined include miserliness, envy, hatred, treachery, rancor, malice, ostentation, arrogance, covetousness, lust, and other afflictions that assail people and often control them. The causes and practical cures of these diseases are discussed, offering a penetrating glimpse into how Islam deals with spiritual and psychological problems and demonstrating how all people can benefit from these teachings.

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