



The Art of Surrender: A Practical Guide to Enlightened Happiness and Well-Being

Eiman Al Zaabi

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"Surrender is my favorite word. More than a word, surrender is my daily prayer and way of living. And it is, as Eiman Al Zaabi's Art of Surrender so clearly shows us, the sweetest path to joy." --Janet Conner, author of *Writing Down Your Soul* and *Soul Vows*

What would it be like to reach the end of your life feeling satisfied that you had lived fully and joyously? How would your life change if you moved through each day with a sense of meaning and purpose? What would it be like to feel whole, supported, and deeply connected to the world around you?

The Art of Surrender offers a blueprint for true peace and authentic living. Whether you are taking the first steps on your spiritual journey or have long traveled such a path, this book will transform your relationship with yourself, the Divine, and the world around you. You'll learn the deepest needs of your soul and discover how to meet them. You'll be guided through the four stages of the spiritual journey: finding Source, knowing Source, aligning with Source, and surrendering to Source. You'll master the delightful art of spiritual inquiry, investigating ideas for yourself and incorporating only those truths that resonate deeply. Drawing on her Muslim heritage and her wise and careful exploration of a variety of spiritual traditions, Eiman Al Zaabi shows how the soul's journey can lead us to the ultimate state of fulfillment and joy: surrender.

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