

## Build Self-Esteem With The Brain In Mind

“ Knowledge of God is my Capital; Reason is the Root of my Faith;  
Love is my Foundation; Enthusiasm is my House;  
Remembrance of God is my Friend; Firmness is my Treasure;  
Sorrow is my Companion; Science is my Weapon;  
Patience is my Mantle; Contentment is my Booty;  
Poverty is my Pride; Devotion is my Art;  
Conviction is my Power; Truth is my Redeemer;  
Obedience is my Sufficiency; Struggle is my Manner;  
And My pleasure is my Prayer. ”

Saying of Prophet Muhammad P.B.U.H.

"We fail to see the place of suffering in the broader scheme of things. We fail to see that suffering is an inevitable dimension of life. Because we have lost perspective, we fail to see that unless one is willing to accept suffering properly, he or she is really refusing to continue in the quest for maturity. To refuse suffering is to refuse personal growth"

Henri J M Nouwen.