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| Headline | New Self-help Book to Help Muslims Improve Work-life Balance | | |



Datuk Mohammed Hussein giving his remarks on his Seeking A Life Balance book yesterday. - Courtesy pic

Malaysians often struggle to establish a work-life balance due to a lack of emphasis on fundamental Islamic values and work ethics in their daily lives.

A newly launched self-help book, *Seeking a Life Balance*, by Takaful Malaysia group chairman Datuk Mohammed Hussein (writing under the pen name Elm Edge), offers hope.

The book emphasises the importance of Islamic work ethics in developing a sustainable and dependable character.

This is done through practising a healthy work-life balance based on Islamic principles.

Hussein said: "Many Muslims, when asked what Islam is, often respond by saying 'Islam is a way of life'. But what exactly is that way of life?"

"Do we renounce the world and focus only on the hereafter?"

He said he was struck by the term "kerja ialah sebuah ibadah" (work is a form of worship) in a commercial in Indonesia years ago and agreed that work was indeed a part of the religion's obligation.

"Most of us recite the Quran without really understanding it. So, I focused more on the holy book's meaning and interpretation."



Datuk Mohammed Hussein signing a copy of his book. - Courtesy pic

Hussein's extensive 31-year experience in work culture and organisational effectiveness, as well as his distinctive viewpoint as a business figure, serve as the foundation for his 217-page book.

Seeking a Life Balance also incorporates poetry, scholarly commentary on hadiths, and passages from the Quran and the sunnah (traditions and practices) of Prophet Muhammad.

The book, written in a conversational style, is suitable for readers of all ages.

"Islam is a great religion, but we must ask ourselves – are we teaching it in a manner that brings out the best of our faith?"

"It is our responsibility as Muslims to spread our religion by showing how great it is," Hussein said at the book's launch at CGC Kelana Jaya Building here.



Tengku Arif Temenggong Pahang Tengku Fahd Mua'adzam Sultan Ahmad Shah (centre) with Takaful Malaysia Group chairman Datuk Mohammed Hussein (right) and former Federal Land Development Authority chairman Tun Raja Muhammad Alias Raja Muhammad Ali at the launch of the 'Seeking a Life Balance' book at CGC Kelana Jaya Building in Petaling Jaya yesterday. - Courtesy pic

Present were Tengku Arif Temenggong Pahang Tengku Fahd Mua'adzam Sultan Ahmad Shah, former Federal Land Development Authority chairman Tun Raja Muhammad Alias Raja Muhammad Ali, Takaful Malaysia group chief executive officer Nor Azman Zainal and Takaful Malaysia Am chief executive officer Mohamed Sabri Ramli.

The book is available in paperback for RM60 and in hardcover for RM80 on its official website, www.seekingalifebalance.com, as well as on the Shopee online shopping platform and at Kinokuniya and MPH bookstores.

