

**The book by
Mohammed Ahmed Abdullah
al-Jubouri**



The importance of dealing with people

Begin with a question. Have you ever faced the situation when someone was angry with you and you were wondering: “what am I going to do: If I answer the same way what I am going to gain or If I choose the positive way will the situation be better?

Let me tell you a true story that happened to me: it was October 2014, it was a typical, nothing different, and the weather was unfriendly, it wasn't like the weather in my country.

I met the man who was unfamiliar to me. He asked me a question: "why do Muslims fight and kill other people?" He seemed very angry. He looked as if he wanted to fight with me. I was wondering if I answer the same way, what the situation is going to be or if I stay patient and answer with kind words would the situation be better?

A moment of patience in a moment of anger saves you a hundred moments of regret.

Let me tell you what I did. There is no doubt it was hard to maintain peace and not lose my temper. I kept patience and calmed down, I smiled and answered with kind words: " we are not killing the different people, we are humans and all humans came from one parent Adam and Eve. We are all

brothers and sisters, we should never be against each other, we should respect and accept each other's beliefs."

What happened after that, did he change his mind? Did he change his attitude towards me? He definitely changed and felt sorry for what he had said. He replied: " You are completely right, we are all brothers and sisters and I am sorry if I bother you, if you need any help, here is my number and contact me any time, I live near that building". After all of that, I realized that I changed the person's way of dealing with different people.

"no one is perfect".

I always say we should not judge people for being different, it is normal that we all make mistakes. Sometimes we experience natural human feelings: anger, frustration, anxiety. And as humans we all have the same feelings, even if we are a child, adult, educated or not, we have the same emotions but this does not make us useless. The worst thing is losing control over your mind because When this happens a person becomes angry, maybe shouts, fights spreads negativity. And this time he does things that he doesn't like.

Have you ever seen anyone who was nervous and doing positive things?

That's why most religions and civilization tell us it's better to always keep calm and stay patient.

We should know how to control ourselves and how to treat each other. Because nothing is worth getting angry about. Always let it go.

Sometimes it happens when we are talking and thinking about negative things, negative situations, we recognize that our mood starts changing, our body language becomes different.

On the contrary when we talk and think in a positive way our mood is getting better and better and we will feel comfortable. So it is very essential to focus on positive and good things.

When we are in the thick of life's stressors, sometimes we just want to experience happiness now. Not only does

research show that happy people experience many advantages in life due to their happiness, but happiness just feels good. While it may seem that happiness is always waiting around the corner with a better job, better relationships, or better house, the happiness that comes with those acquisitions can be fleeting. More importantly, you don't have to make big changes to feel happier; you can find happiness right now.

Happiness is the key to success, if you love what you are doing you will be successful.

The happiness of your life depends on the quality of your thoughts, our life is what our thoughts make it.

I would prefer to spend most of my time with old people because most of them are calm, they always smile, even if we make some mistakes they give us advice: "don't do that". After that, they smile and take it easy. Because over the years they understand why I need to be nervous, this is life and it's very normal if the person makes mistakes. And we believe as the people of the holy book, our parents Adam and Eve they decent to this Earth because of the sin they have done. As humans, we are curious about everything. As an example, when a parent forbids something to a child. The child says: "ok" but when he is alone he stares his eyes and he is willing to do forbidden things. The same happened with our first parents Adam and Eve when God asked them "don't eat that Fruit".

Acceptance

Today we are in urgent need for global healing and for the world's people to know each other we really do need real dialogue and that means to speak honestly, listening carefully and we must acting in positive value that we all need to share it. We must hold the light of peace who

created understanding and hope that our world desperately needs.

As we know the world is not just “black and white”. It’s colourful. It is very important to accept the differences, this is life. There are different people, different languages, different cultures, different traditions, different skin colours, and even different seasons: “summer, winter, spring, Autumn”, so, It’s very important to accept differences because we can not change things.

As we know today, most countries are still suffering from racism but nothing will be changed until we decide, as it mentioned if you are doing what you have been doing you will be getting what you have been getting, nothing will change until we do.

Also in our Muslim religion said the God does not change the condition of people until they change what is in themselves.

Everyone has a different vision about everything because it depends on the person's culture, education and experiences.

We may change others’ opinions by our reasoning and behaviour. Then we start to respect and accept each other. It’s very important to always spread: tolerance, acceptance, love and positive energy.

It is very important to give attention to others because we all really need attention. When someone gives us attention, as a mother, father, brother, sister, friend, classmate or foreign person we always like to contact that person because we feel that this person is honest, cares about us, we take advice from that person, we may share our future plans, and even secrets. So it is very important to give attention to people because no one is better than others. As it said the grass is greener where you water it. So if we “water” relationship with others, it always will be “greener”.

Well, it’s not only for people we are talking with, the same positive things, positive energy returns back to us. So, It is our choice if we want to fix the problem or not.

It is important to say “sorry” earlier. Some may consider “sorry”

As a weakness, they may think “why should I care about apologies?”- But actually

They are lying to themselves. If a person doesn't really care, he could take it easy and let it go.

It is always very essential to ask ourselves if I go this way, what I am going

to gain? It is similar to a situation when the bridge over the river is broken, so the people from the riversides never will be able to meet each other. Sometimes when we see that some parts of this bridge, even a small piece of the bridge needs fixing, we must do our best to fix it as soon as possible so that we can keep walking from one side to another. The same we could say about

Relationships, sometimes a little word like “sorry”

Keeps “the bridge”

Safe, whole and strong.



So avoiding

“sorry” causes broken relationships, divorces, suicides and even wars. And regarding wars, I am going to tell the world

“No more wars” why?

People may fight for personal things, independence, pieces of lands or other things. However, let us answer the question:

“Did anyone take anything with them when they died?”

Givings

It is said more than two thousand years ago:” there is more happiness in giving than there is in receiving”.

I could say, I have experienced that myself. When I had hard times in my life, like depression, trouble, bad mood, I tried to help others, who actually needed help and when I saw their happy facial expression I felt the same because the same positive energy returned back to me.

“Everything that goes around comes around”.

Giving is not just to give money, gifts, material things, sometimes people need more positive words, positive emotions, positive attitude. There is an Arabic phrase: “By positive word you can pass a huge mountain”.

Friendship

Friendship is very important in human life. Sometimes we have trouble and we need friends’ help, like the plants which lose leaves and with leaves, it loses its beauty too, so butterflies make them more beautiful than they were before as it described on this picture.



It is also important for us, as friends to trust each other, like this bird is doing now, it trusts other birds, which are sitting on the tree branches and feel comfort and peace. That bird believes there is no danger, otherwise, they would fly away.



I would say, the person is a mirror for others. How I act the same come back because everything is action and reaction. It's very normal that problems happen with everyone. Between friends, with people who study or work together, between brothers and sisters, sometimes between parents and children, between wife and husband. But I think it's better to look at problems and fix them right away. And let the problems go. Life is like a book, even if we faced difficult situations or problems we should be patient, calm down, take it easy, let it go and start a new page. As it is mentioned: " We are what we think". Sometimes, it happens that we had some bad moments but if we remember that situation, we feel nervous for the entire day, and sometimes when we remember positive moments, we stay happy all day. We should always meditate on the positive thing that we have and don't think about what we don't have.

When we have negative feelings just "catch yourself" And ask yourself: "Am I thinking about past or future?" because if the person thinks about what happened in the past, you will find that person has depression and almost

sad. If a person thinks about the future that person will be worried and stressed.

Dear readers, let's try to "catch yourself" if you feel uncomfortable, sad, stressed, angry, or have any negative emotions "catch yourself" immediately. Because negative emotions and feelings are always associated with being absent at that moment.

Life is a moment, for example: if I am thinking about yesterday or tomorrow, which means that I am absent at the moment, I am somewhere.

There are many people around us, we can see them in front of us but their mind might be somewhere, in another place. It is so important to leave the moment completely, for example working, studying, eating, walking, or if you are with your family, friends, relatives or wherever you are because in this way you prevent negative emotions and negative feelings. The best way to return back to the moment is to take a deep breath and calm down.

Every word and every thought what we think will be energy within us, whether it is positive or negative in nature.

Dear readers, always try to keep in mind that it is impossible when someone has positive energy and would spread negativity, in contrary when someone has that negative energy inside and spread positivity. So it is very important to always try to be patient and give an excuse for others. It is said that thousands of years ago: "A good man brings good out of the good treasure of his heart, but a wicked man brings what is wicked out of his wicked treasure; for out of the heart's abundance his mouth speaks".

And in some cultures said also: "What is in the jar inside, the same comes outside".

When you have negative feelings, write them on a piece of paper, stop for a while, analyze them, and finally attack because logically if you are chasing a person who is floating in space, it will be so difficult to catch him.

The mind is like a field, and we will only reap what sow from negative or positive thoughts.

We must always be patient and look at the positive things. Because if we think life is beautiful, we will see it is truly beautiful.

We must accept and trust ourselves otherwise we can not accept others if we don't accept ourselves. When we accept and trust ourselves we will have such a beautiful and positive energy and we will see the beauty in everything and in every person according to our dealing with them. So always try to see the light in others and treat them as if that is all you see. There is a perfect golden rule: "All things, therefore, that you want men to do to you, you also must do to them."

We should be satisfied with what we have, such as good health, a house, a family, food to eat daily while many others starve. We should be grateful for what we have. There is an expression: " the grass is always greener on the other side ".

And also, whatever a person is sowing, this he will also reap;

Hope



Optimism is the faith that leads to achievement. Nothing could be done without hope. Without hope, we cannot continue with life. Hope is being able to see that there is light ahead despite the darkness. We should be patient about everything and never give up.

Patience is not the ability to wait, but the ability to keep a good attitude while waiting.

Sometimes we all face difficulties but the most important thing is to keep going and never stop, always remember the saying “this time will pass”. Everybody has problems, everybody has bad times but don’t worry it will pass. You know the most beautiful thing about time, good or bad, it passes. This will pass too. At times the world can seem unfriendly sinister place, but believe us when we say that there is much more good in it than bad. All you have to do is to look hard enough. And what might seem to be a series of unfortunate events may in fact be the first steps of a journey.

Always try to have inner strength and smile at life. Even though it hurts, sometimes we need to keep in mind that there is nothing impossible in life, as long as there is determination. Anything can be achieved with hard work, patience and determination. Even if we fall once, twice or more, it’s not The End. We can try again and again because without falling down there is no sense of success.

It is hard to fail, but it is worse never to have tried to succeed.

Be patient, the lessons you learn today will benefit you tomorrow.

To anyone who is looking for success or happiness, I say belief in yourself, have faith in your abilities, if you want a life that is full of joy and achievement, you must have confidence in your own powers. Lack of self-confidence is indeed one of the greatest personal problems, upsetting people today. The sad thing is that in most cases such frustration of power is unnecessary.

You must be the change that you wish to see in the world.

Love

Love is very important in our life. There are many sorts of love.

There are four kinds of love described in the Greek language:

1. *A·ga'pe* 2. *Phi-li'a* 3. *Stor-gemm* 4. *E'ros*

1. This kind of love is principles-based love like it is said: "love your enemies". How it is possible to love your enemies? If you keep in mind that principle, you can do that. You can do kind things to the person who is against you, who hates you, and you can change that person from hater to friend.

2. *Phi-li'a*: This love describes the relationship what is between friends.

3. *Stor-gemm*: This kind of love is between family members and close relatives.

4. *E'ros*: And this is between two opposite genders- female and male. Kind of romantic love.

We may move to another country to study, for working, why? Because we love a better level of life. We handle difficulties to reach goals.

Love comes in all forms and shades. Right from the time of your birth till you take your last breath on this earth, you are made of love. You experience it without realising it, that insecurity you have on the first day of your school when your mom leaves you at the classroom is love, you wanting to get all the attention from your parents asking them to give you private space is a form of love. Your love is that niche that you carve out in your soul, mind and heart through your struggles. Your promises to yourself to live your life in memories of someone is your love. You unknowingly having hope is not stupidity, that hope at times gives you the courage to face the most difficult situations of your life. Your understanding of others around you, you sacrificing your love to keep everyone smiling is you getting to live this life in your own way.

Smile

WHEN it is real it melts away the ice of suspicion. It removes layers of bad things accumulated throughout the years. It softens hearts frozen by disbelief and mistrust. It brings relief and joy to many. It says, "I understand. Don't worry." It makes the appeal, "I hope we can be friends." And what is this powerful tool? It is a smile. It can be YOUR smile. It gives comfort feelings to us and others. Smiling not only helps to prevent us from looking tired, worn down, and overwhelmed but can actually help reduce stress.

Believe it or not, smiling can reduce stress even if you don't feel like smiling or even know that you are smiling! When you are stressed, take the time to put on a smile. You and those around you will reap the benefits.

Maybe it lasts only a moment but the memory may stay with you all your life. Nobody is so poor that he could not share it or so rich that person does not need it.

Another important reason for smiling is the positive effect it has on others. An honest smile communicates our feelings without the need for words, whether it be a smile of greeting, of sympathy, or encouragement.

Receiving a warm smile can help us to feel more relaxed and to cope better with frustration or challenges. It is said: "Do not hold back good from those to whom it is owing when it happens to be in the power of your hand to do it." Yes, by this simple gesture, we can benefit ourselves and others. Why not make an effort to share this most valuable gift—a warm smile? Because everyone deserves to be treated with a good attitude.

Fear

Everyone has fear. Fear about new things, new experiences, unfamiliar people, in general, every new thing, and that is normal.

Life is full of challenges, when we try something new, we may fall down but we should not allow that to stop keep going and achieve our goals. So fear of trying new things may stop us.

Some people might be angry, nervous or shouting but this person absolutely has fear inside, he wants to show himself that he is not weak, he is strong.

But if we pay attention and deal with that person in a good way, I am sure that the person will see, I am honest and his fear will disappear. And he will change his attitude toward me. The same happened to me with the person I mentioned above.

Sometimes fear helps us. How? - Like the situation when the car is going to hit us. The spontaneous feeling saves our life. But what about fear of dealing, when a certain person has fear of someone new. In this case, fear is not going to help.

Sometimes we feel fear inside about new things that we never experienced before, Like the person who I mentioned above.

Don't be afraid of what people might say about you, in the end you know better yourself than anyone else. Don't care about what other people think because anyway people will judge you on both sides. Pleasing people is a goal you can not reach, so let's take a look throughout life, there were prophets, philosophers, professionals and successful people who were being criticized and not all the people agreed with them. Even about God, some people agree while others have doubts in his existence, so keep in mind that it is impossible to please everyone and make all the people agree with you. Especially if you spread goodness in

this life. Because people usually attack the good. So no matter you do people will talk about you, misjudge you and call you names but does that mean we must feel discouraged? This is reality. As soon as we accept reality as soon we will feel better. Because we won't wait for someone to evaluate us. Let your conscience be at ease. If you focus on what people say about you with time, you will forget who you really are.

Have confidence. Having confidence is essential if you want to accomplish your dreams, don't let what people say to put you down.

What people say will not let you move forward, your dreams might be stopped because of them. So if you are sure of your dreams just start don't wait around.

Let people talk but let your actions speak. If you want to succeed, ignore what people say.

What do you do if people judge you by your past?

Your mistakes in the past doesn't define who you are now. You can define your own who you are today. Your actions, manners, behaviour, and the way you treat people, those things define who you are.

Don't dwell on your past, you learn from your mistakes. Your mistakes are the reason for the guidance today.

Sometimes it is important to stay away from drama. Drama usually starts from something small or even nothing and people exaggerate, so ignore the drama and avoid the people who started it.

You might be asking yourself: why do people don't appreciate?

Why do people talk behind my back, even if I didn't do anything?

What is the worst thing that could happen?

What the worst thing that happens if people talk about you?

Sometimes it hurts though.

You work so hard on your reputation and someone comes along and talks behind your back. And says wrong stuff about you.

Sometimes people believe what they hear why?

Because some people judge you before knowing you.

That really hurts, right?

Again, actions define who you are. People wouldn't believe something they hear if the way of your acting is different.

Also with time, people tend to forget what they said.

Others will also forget what is said about you. So why would you think about it?

So it is important to ask ourselves.

What will people's talk add to our skills?

What will add to our values?

What will it improve in us?

Actually nothing.

So ignore people's negative talk.

The talk that only cares about shallowness or social discord.

Never mind what people say. In the end, you can not control what the people say. But you can control how you feel towards what they say.

So have the actual freedom inside never let others control your life.

Humbleness

Maybe we are more educated than others, maybe we are richer than others, we may have a better level of life and that's why we might think that we are "better" than the rest of the people. It is normal when sometimes we feel proud but it's very important to keep in mind: today we are living on the Earth, now but one day we are going to die and we will take nothing with us except good deeds.

So, when we say good words, and even do good things, we believe that God accepts and approves of them and considers those activities as generosity. So, be kind in dealing, speaking, be a generous person and have a nice smile. so my message is for everyone to always try to spread positivity, as an example, we cannot be "the sun" but we can be like a "mirror" which can reflect the "sun rays"

And don't be a black, dark surface which is never able to reflect "positive energy".

Let me go back to the first page. Do you remember the question there?

We can not change the Weather but we can change the opinions, attitude, the way of dealing with each other and make the world more peaceful and beautiful as it is shown in the picture below.

