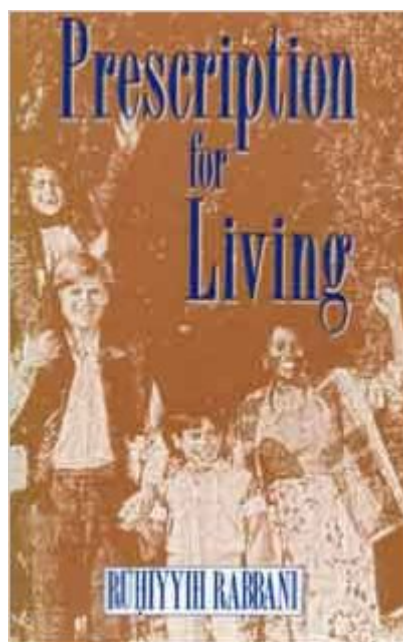


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# Prescription For Living



## Book Information

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## Customer Reviews

Written in 1950 with the atrocities of WWII fresh on the mind, this guidebook to a better life is just as applicable today as it was 58 years ago. I met Ruhyyih Rabbani in the 1970's and was impressed by her frankness and wisdom. As I read this book I could hear her voice guiding her audience. She doesn't pull any punches. She tells it to you just how it is and puts life in perspective. The book begins by pointing out the trouble with humanity and the dissatisfaction people as a whole feel with their lives and the world around them. She goes on to explain the nature of humanity and how we can find the road to happiness. As a doctor gives us a prescription to improve our physical health, Ruhyyih Rabbani gives us the guidelines for improving our spiritual health. She covers Love and Marriage, Death, Work, Habit, Sorrow and Trial. Every reader can relate to her words. She then goes on to give us a brief overview of the lives and personalities of The Báb, Bahá'u'lláh and `Abdu'l-Bahá. Their trials and how they lived their lives serve as an inspiration to better ourselves. The last chapter sums it all up perfectly: "World reform is personal reform. The old maxims, 'water cannot rise above its own level,' 'a chain is as strong as its weakest link,' are nothing but truth. If you do not like the conditions that surround you, if you want to see changes in society, begin on yourself. This is something ready to hand, always under your own eye, and which, ninety-nine times out of a hundred, badly needs overhauling! For it stands to reason that if you are better the world will be better; there will be that much more gold in the ore of humanity, because one of its components will be of a finer caliber.

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